WHAT'S COOKING IN THE MARKET?

Picky Eater Pasta

Servings: 6

Ingredients

1 tablespoon + 1 tsp canola oil
1 cup onion, minced
1/2 cup celery, minced
1/2 cup bell pepper, minced
3 cups carrots, shredded
3 cups zucchini, shredded
8 ounces turkey, ground
10 1/2 cups unsalted crushed tomatoes, canned
3/4 cup whole wheat rotini
2 teaspoons pepper
2 tablespoons Italian seasoning
1 ounce garlic, minced

Directions

1. In a large stock pot add crushed tomatoes and half of Italian seasoning and bring to a simmer.
2. While tomatoes are simmering mince onions, celery, bell peppers, and garlic.
3. Shred carrots and zucchini (using either the shred attachment on a food processor or large holes on a box grater) and finely chop spinach.
4. In a large sauté pan heat ¾ of the canola oil over medium heat. Add onions, bell pepper, celery, and carrots to pan, season with salt and pepper and remaining Italian seasoning - cook for approximately 5 minutes until softened.
5. Add garlic and zucchini, stir to combine and cook for 1 minute.
6. Add vegetable mixture to simmering tomatoes and stir to combine, bring to a boil then reduce back down to a simmer. (The sauce can be pureed at this point if desired.)
7. In the same pan used to sauté vegetables, heat remaining canola oil and add ground turkey, season with salt and pepper and brown.
8. Once turkey is brown add to the tomato sauce and simmer 5 minutes.
9. While sauce is simmering cook pasta according to the instructions on the box.
10. Finish the tomato sauce with 3/4 of the chopped spinach. Strain pasta once cooked and combine with tomato sauce.
11. Serve pasta while warm and garnish with a sprinkle of remaining spinach. Enjoy!

NUTRITION INFORMATION PER SERVING

Key Nutrients	Amount	% Daily Value
Total Calories	320	
Total Fat	4.5g	7%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	220mg	9%
Carbohydrates	49g	16%
Dietary Fiber	14g	56%
Sugars	17g	
Protein	19g	

MYPLATE FOOD GROUPS

- Grains
- Fruits
- Vegetables
- Protein
- Dairy

K·STATE Research and Extension

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