

SKILLET PASTA

INGREDIENTS

- 1 pound **fresh spinach**
- 1 tablespoon **vegetable oil**
- 1 pound **ground turkey**
- 1 (24 ounce) jar **spaghetti sauce**
- 1 (8 ounce) can **tomato sauce**
- **Black pepper** to taste
- 2 cups uncooked **whole grain macaroni**
- 2 ½ cups **water** (+ ½ cup **water** if needed in Step 7)
- 1 cup shredded **reduced-fat mozzarella cheese**

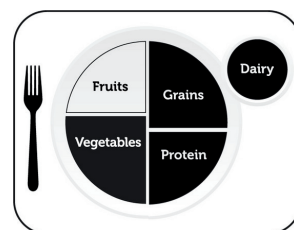
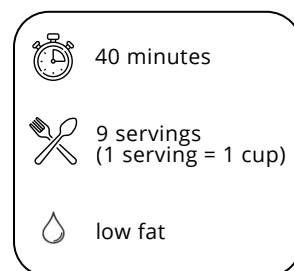
DIRECTIONS

Always practice food safety when cooking.

- 1) Chop spinach. Set aside.
- 2) In a large skillet or large pot on medium high heat, add oil and brown the ground turkey.
- 3) Add spaghetti sauce, tomato sauce, black pepper, macaroni, and 2 ½ cups water to the skillet. Mix together.
- 4) While stirring occasionally, bring to a boil.
- 5) Reduce to low heat and cover with a lid. Simmer for 20 to 25 minutes.
- 6) Add chopped spinach and mix together. Simmer until spinach is wilted.
- 7) If macaroni is not fully cooked, add an additional ½ cup water and simmer.
- 8) Sprinkle with cheese. Cover with lid for a few minutes to let the spinach cook and the cheese melt.

NOTES

- Frozen spinach can be used in place of fresh spinach. Thaw the frozen spinach, then wrap the spinach with clean paper towels and wring out the water.
- Other leafy greens can be substituted for spinach.
- Low fat ground chicken, beef, or pork could be used in place of the turkey.
- Cottage cheese could be added.
- Substitute firm or extra firm tofu for meat. Use one block drained, patted dry with paper towels, and mashed.
- Try lower sodium spaghetti sauce.
- Use nonfat/fat-free cheese for a lower fat version.
- Different cheese blends can be used.
- Minced garlic can be added for additional flavor.



Nutrition Facts	
9 servings per container	
Serving size	1 cup (231g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 630mg	27%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 208mg	15%
Iron 3mg	15%
Potassium 709mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	