

# TURKEY RAGÙ OVER CARROTS AND SPAGHETTI



## ingredients:

- |                                  |                                                                            |
|----------------------------------|----------------------------------------------------------------------------|
| 1 Tablespoon olive oil           | 2 cans (15 ounces each)<br>no-salt-added diced tomatoes                    |
| 3 garlic cloves, finely diced    | 8 ounces whole-wheat spaghetti, dry                                        |
| 1 large leek, chopped            | 12 ounces carrots, peeled and<br>shaved into thin ribbons or<br>spiralized |
| 2 celery stalks, finely chopped  | 1/4 cup shredded Parmesan cheese                                           |
| 1/4 teaspoon ground black pepper | 2 Tablespoons fresh parsley,<br>chopped                                    |
| 1/4 teaspoon salt                |                                                                            |
| 12 ounces ground turkey breast   |                                                                            |
| 1 teaspoon ground cinnamon       |                                                                            |

## directions:

1. Fill a 5-quart saucepan with water and bring to a boil.
2. Heat the olive oil in a large (14-inch) skillet over medium heat and add the garlic, leek, celery, pepper and salt. Cook until the vegetables are just tender, about 5 minutes.
3. Add turkey and cook until browned, while stirring and finely chopping it into smaller pieces.
4. Add the cinnamon and tomatoes, stirring until well mixed, and bring to a boil. Reduce heat and simmer for 15 minutes.
5. While turkey mixture simmers, add the spaghetti to the pot of boiling water and cook according to the package directions; add the carrots for the final minute of cooking time. Once pasta is al dente (cooked but slightly firm), drain and divide evenly onto 4 plates.
6. Top the pasta and carrots with the turkey ragù mixture and sprinkle each serving with 1 Tablespoon Parmesan cheese and 1/2 Tablespoon chopped parsley.

Yield: 4 servings

## Nutrition Information Per Serving:

460 Calories  
8 grams Fat  
2 grams Saturated Fat  
46 mg Cholesterol  
455 mg Sodium  
64 grams Carbohydrates  
11.5 grams Fiber  
34 grams Protein

Food exchanges:  
2 starch, 3 vegetable,  
3 1/2 protein



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