



## ONE-POT TURKEY, CHEESE AND PASTA BAKE

### ingredients:

- |                                       |                                                             |
|---------------------------------------|-------------------------------------------------------------|
| 1 Tablespoon canola oil               | 15-ounce can no-salt-added stewed or diced tomatoes         |
| 1 cup chopped sweet onion             | 6 ounces uncooked whole-wheat penne pasta                   |
| 8 ounces ground turkey breast         | 5 ounces fresh baby spinach (about 4 cups packed)           |
| 3/4 teaspoon dried oregano            | 4 ounces shredded part-skim mozzarella cheese (about 1 cup) |
| 14-ounce can low-sodium chicken broth |                                                             |
| 1/4 teaspoon salt                     |                                                             |
| 1/2 teaspoon black pepper             |                                                             |

### directions:

1. Preheat broiler to high. Place oil in a large ovenproof skillet over medium-high heat. Add onion and sauté 2 minutes. Add ground turkey and oregano. Cook 3 minutes, stirring to crumble.
2. Add chicken broth, salt, pepper, tomatoes, and pasta. Bring to a boil. Cover, reduce heat, and simmer, stirring occasionally, 12 to 13 minutes or until pasta is done. Stir spinach into hot pasta mixture.
3. Sprinkle cheese over pasta mixture. Place pan in oven and broil 2 minutes or until cheese melts and begins to brown.

Yield: 4 servings

### Nutrition Information Per Serving:

405 Calories  
11 grams Fat  
4 grams Saturated Fat  
46 mg Cholesterol  
474 mg Sodium  
45 grams Carbohydrates  
8.5 grams Fiber  
30 grams Protein

Food exchanges:

2 1/2 bread, 2 vegetable,  
3 protein



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