

Party-Time Pasta

Serving Size: 1 cup

Yield: 6 servings

Ingredients:

1/2 pound turkey, lean ground
1 teaspoon paprika
1 can tomatoes, crushed (14 1/2 ounces)
1 can chicken broth, reduced sodium (14 1/2 ounces)
2 cups pasta, bow-tie, uncooked
3 cups frozen vegetables such as carrots, broccoli and cauliflower, thawed

Tasty Topping:

1/2 cup parsley (chopped fresh or dried)
1/4 cup bread crumbs, seasoned, dry
1/4 cup parmesan cheese (grated)

Instructions:

1. Heat a large nonstick pan over medium heat. Add ground turkey and paprika. Cook and stir until meat is brown and no longer pink, about 5 minutes.
2. Stir in tomatoes, chicken broth and pasta. Bring mixture to a boil. Reduce heat to medium-low. Cover and simmer until pasta is almost tender, about 10-15 minutes.
3. Remove lid. Place vegetables on top of pasta. Replace lid. Cook until vegetables are tender, about 5 minutes.
4. Prepare the Tasty Topping. Mix parsley, bread crumbs and Parmesan cheese. Sprinkle over vegetables in skillet. Cover and let sit for 3 minutes before serving.

Cost:

Per Serving: \$1.26

Nutrition Facts			
Serving Size 1 cup prepared pasta, 1/6 of recipe (268g)			
Servings Per Container			
Amount Per Serving			
Calories 210		Calories from Fat 50	
% Daily Value*			
Total Fat 6g		9%	
Saturated Fat 2g		10%	
Trans Fat 0g			
Cholesterol 35mg		12%	
Sodium 410mg		17%	
Total Carbohydrate 26g		9%	
Dietary Fiber 5g		20%	
Sugars 3g			
Protein 14g			
Vitamin A 45%		Vitamin C 30%	
Calcium 8%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			