



One-Pot Turkey, Cheese and Pasta Bake



INGREDIENTS

- 1 tbsp. canola oil
- 1 cup chopped sweet onion
- 8 oz ground turkey breast
- $\frac{3}{4}$ tsp dried oregano
- 14 oz low-sodium chicken broth
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ tsp black pepper
- 15 oz can no salt stewed or diced tomatoes
- 6 oz uncooked whole-wheat penne pasta
- 5 oz of fresh baby spinach (about 4 cups packed)
- 4oz shredded part-skim mozzarella cheese (about 1 cup)

Nutrition Information:

Calories: 405, Total Fat: 11 g, Saturated Fat: 4g,
Cholesterol: 46mg, Sodium: 474mg,
Total Carbohydrate: 45g, Dietary Fiber: 2g,
Sugars: 8.5g, Protein: 30g

DIRECTIONS (Yields 4 servings)

1. Preheat boiler 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 minute, stirring to crumble.
2. Add chicken broth, salt, pepper, tomatoes and pasta. Bring to 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.