

Tomato-Basil Turkey Casserole

Recipe of the Month – October 2013



Seeking zucchini? Shop for small zucchini that are tender and have thin skin. The skin should be a vibrant green and free of blemishes.

Prep Time: 25 Min

Start to Finish: 1 Hr. 15 Min

Makes: 6 servings (1 1/3 cups each)

INGREDIENTS

2 cups uncooked gemelli pasta (8 oz.)
2 cups diced cooked turkey
1 jar (about 26 oz.) reduced-sodium tomato pasta sauce (any hearty or thick variety)
1 medium zucchini, cut in half lengthwise, then cut into slices (1 1/2 cups)
1/4 cup sliced black olives
1 teaspoon dried basil leaves
1/4 cup shredded fresh Parmesan cheese

DIRECTIONS

1. Heat oven to 375°F. Spray 2-quart casserole with cooking spray. Cook and drain pasta as directed on package.
2. In casserole, mix pasta and remaining ingredients except cheese.
3. Cover; bake 30 minutes. Sprinkle with cheese. Bake uncovered 15 to 20 minutes longer or until bubbly and thoroughly heated.

Recipe Provides: Grains 1oz-equivalents, Meat & Beans 2oz-equivalents, Vegetables 3/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 1/3 cup	Calories:	300	Calories from Fat:	30
Total Fat:	3 1/2 g	Saturated Fat:	1 g	Cholesterol:	40 mg
Sodium:	160 mg	Total Carbohydrate:	44 g	Dietary Fiber:	4 g
Sugars:	6 g	Protein:	23 g		



This recipe adapted from WWW.eatbetterearly.com