



Recipe of the Month – December

Turkey Italiano Bake

Serves 4

Serving Size: 1.5 cups

Ingredients:

2 cups	turkey or chicken , pre-cooked
1	zucchini, coarsely grated
1 ¾ cups	spaghetti sauce
1	Clove garlic, minced
½ cup	red peppers, chopped
2 tbs	dijon mustard
¼ tsp	black pepper
1/3 cup	fresh basil (can substitute 2 tsp of dried basil)
3 cups	whole wheat pasta
1 cup	shredded Italian cheese blend , divided
	parmesan cheese, optional

Directions:

1. Preheat oven to 350°F
2. Cook pasta in large saucepan until almost tender
3. Add all vegetables and cook an additional 1 minute
4. Drain and return to pan
5. Add all the remaining ingredients EXCEPT CHEESE to pasta mix
6. Stir in ½ cup of shredded cheese
7. Spray an 8-inch baking dish with cooking spray
8. Pour mixture into baking dish
9. Top with the remaining ½ cup of shredded cheese
10. Cover with foil
11. Bake for 20 minutes
12. Uncover and bake an additional 10 minutes
13. To serve, top with parmesan cheese if you wish

-Great way to use leftover turkey from Thanksgiving!

NUTRITION FACTS PER SERVING: Calories 620, Total Fat 15g , Saturated Fat 7g, Calcium 40% DV, Cholesterol 80mg, Sodium 830mg, Total Carbohydrate 79g, Dietary Fiber 11g, Sugars 10g, Protein 45g, Vitamin C 30% DV, Vitamin A 45% DV, Iron 30% DV