

Skillet Pasta Dinner

Makes: 6 servings



Ingredients

- ½ pound 85% lean ground turkey (or ground sausage or beef)
- 1 medium onion (chopped)
- 2 garlic cloves (minced)
- 8 oz. tomato sauce
- 1 cup water
- 8 oz. uncooked tube pasta (ziti, penne or macaroni)
- 2 cups fresh or frozen vegetables (e.g., zucchini and carrots)

Directions

1. Brown the ground meat, onion and garlic in a large skillet or heavy saucepan. Drain off any grease.
2. Add the tomato sauce, water and uncooked pasta.
3. Cover and simmer for 10 minutes.
4. Add the fresh or frozen vegetables. Stir and continue cooking until the pasta and vegetables are tender, about 10 more minutes.

Nutritional information for 1 serving

Calories	296
Total fat	6 g
Saturated fat	1 g
Cholesterol	28 mg
Sodium	52 mg
Carbohydrate	45 g
Dietary fiber	6 g
Total sugars	5 g
Added sugars included	0 g
Protein	15 g

Source: MyPlate

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