



Pasta Primavera with Turkey

Ingredients

10 oz. Fuseli - Dry
8 Cups Water - Boiling
1 Tsp Vegetable Salad Oil
1 ½ oz. Yellow Onions - Fresh,
Chopped
¼ Tsp Garlic - Fresh, Minced
6 oz. Sliced Zucchini

6 oz. Chopped Broccoli - Frozen
6 oz. Sliced Carrots - Frozen
12 oz. Pulled White Turkey Meat -
Cooked, Cubed ½”
3 ½ Tsp Parsley Leaves - Fresh,
Chopped
1 ½ Sweet Basil - Dried
2 Tbsp Shredded Parmesan Cheese

Nutrition Facts (per serving)

Calories	283
Fat (g)	4.4
Saturated Fat (g)	1.3
Cholesterol (mg)	36
Sodium (mg)	95
Carbohydrate (g)	36.2
Fiber (g)	4
Protein (g)	24.8
Calcium (mg)	74

Preparation

Add pasta to boiling water. Stir while returning to a brisk boil. Reduce heat and simmer until just tender. Drain.

In a skillet, sauté onion and garlic in oil until tender.

Add zucchini, broccoli and carrots. Cover and steam until heated through.

Stir in turkey, parsley and basil. Cover and cook until vegetables are tender.

Combine pasta and vegetable mixture. Toss gently to evenly distribute. Sprinkle with cheese.

Serves 6

Portion: 1 - 8 oz. Spoodle (Spoodle® combines the ease of serving with a spoon and the accurate portion control of a ladle into one utensil.)

