

## Skillet pasta dinner



Recipe credit

ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes

## About this recipe

Serves

6

## Ingredients

- 1/2 pound ground turkey, 85% lean (or ground sausage or beef)
- 1 medium onion, chopped

- 2 garlic cloves, minced (approximately 1 teaspoon)
- 1 can tomato sauce (8 ounce)
- 1 cup water
- 8 ounces uncooked tube pasta (ziti, penne, or macaroni)
- 2 cups fresh or frozen vegetables (try zucchini, peas, broccoli, and carrots)

## Directions

1. Brown the ground meat, onion, and garlic in a skillet or heavy saucepan. Drain off any grease.
2. Add the tomatoes, 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).

## Tips and variations

Frozen vegetables used for nutritional analysis and costing purposes.

## Nutritional info

Calories

308

Total fat

28 mg

Cholesterol

28 mg

Sodium

277 mg

Total carbohydrates

47 g

Dietary fiber

7 g

Protein

16 g  
Total sugar  
7 g

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