

## Ground Turkey & Veggie Pasta

### Ingredients

- 1 Pound 100% whole wheat penne or Gluten Free penne
- 1 Pound ground organic turkey breast
- 1 Head of chard, stems cut into 1/4" chunks, leaves roughly chopped
- Handful or two of green beans, ends trimmed and snapped in half
- Handful of (crimini) mushrooms, sliced thick
- 1 Leek (white part only), thoroughly cleaned and sliced
- 1 Clove garlic, chopped
- 1 Medium onion
- 1/4 Cup fresh parsley, chopped finely
- 1 Tbsp Italian spices (basil, rosemary, thyme, oregano, Italian blend, etc)
- Olive oil
- Sea salt & pepper

### Instructions

1. While you wash & prep the veggies, put a large pot of salted water on the stove and bring to a boil.
2. Cook pasta according to package directions. Two minutes before it's done, stir in chard, chard stems and green beans.
3. Drain and return pasta & veggies to the pot, stirring in a little olive oil so it doesn't stick together. Set aside.
4. In a large skillet over a medium-high flame, sauté onion, leeks and 1-2 Tbsp olive oil. Cook for about 4 minutes or until onions become soft.
5. Add ground turkey to the pan. Make sure to chop it up into smaller chunks so it cooks evenly. Add Italian seasoning during cooking.
6. Stir in mushrooms. If mixture seems a little dry, covering with a lid for a few minutes will increase moisture, or add a splash of Chicken or Vegetable stock. Cook until turkey is fully cooked.
7. Combine turkey and pasta mixture & stir well.
8. Add salt and pepper as needed. Stir in parsley.

6-8 Servings

*Calories: 435 Total Fat 10g; Saturated Fat 2.4g; Cholesterol 55.9mg; Sodium 75mg  
Total Carb 60g; Dietary Fiber 9g; Sugars 5g; Protein 26.g*