



# Vegetable Pasta Italiano

Makes 6 servings

## Ingredients:

- 1/2 pound lean ground turkey
- 1 red bell pepper, seeded and thinly sliced
- 1 tablespoon paprika
- 1 can (14 1/2 ounce) crushed tomatoes
- 1 can (14 12 ounce) reduced-sodium chicken broth
- 2 cups uncooked bow-tie pasta
- 2 cups broccoli florets, washed
- 1 cup cauliflower florets, washed

## Savory Toppings:

- 1/2 bunch parsley
- 1/4 cup seasoned dry bread crumbs
- 1/4 cup grated Parmesan cheese

Preparation Time ... Cooking Time



## Method:

1. Crumble ground turkey into a skillet. Brown over medium high heat for 2 minutes, stirring occasionally. Add red pepper strips and paprika, cook for 2 more minutes.
2. Add crushed tomatoes, chicken broth, and pasta to the skillet. Bring mixture to a boil, reduce heat, cover and simmer for 15 minutes.
3. With adult help, remove the lid and arrange broccoli and cauliflower over the pasta. Replace lid and continue cooking for 10 minutes.
4. Prepare the savory topping. Pull leaves from parsley stems and combine with breadcrumbs and grated cheese; toss. Sprinkle savory topping over vegetables in skillet. Let sit for 3 minutes before serving.



## Utensils Needed:

12-inch Non-Stick Skillet with Lid  
 Mixing Spoon  
 Measuring Cups and Spoons  
 Can Opener  
 Mixing Bowl  
 Knife

## Benefits:

- High in Vitamin C  
 - 100% Vitamin A per serving!

## Nutritional Info:

(per serving)  
 313 calories  
 18g protein  
 4g fat (2g sat.)  
 47g carbohydrate  
 350mg sodium  
 72mg cholesterol