



**Super Simple American Chop Suey**  
Healthy version of a New England favorite  
Makes 5-6 servings

1 pound ground turkey meat (at least 97% fat free)  
1 large green pepper  
1 large white onion, diced  
10 ounces whole wheat pasta (ziti, penne or rotini)  
2 cups of your favorite marinara sauce  
Garlic powder (to taste)  
Ground black pepper

- Spray large skillet with cooking spray. Add peppers and onions. Cook at medium-low heat until tender (about 10 minutes). In a separate large skillet, cook ground turkey meat until browned. Add garlic powder and ground black pepper to taste. Drain any excess grease.
- Cook pasta according to packaged directions.
- Add ground turkey meat, pasta and marinara sauce to skillet with peppers and onions. Simmer for about 5 minutes stirring occasionally.

Nutritional Information:

Calories: 375  
Total Fat: 7g  
Saturated fat: 2g  
Carbohydrates: 55g  
Fiber: 6g  
Protein: 25g