



## Turkey Marinara

6 servings

2 Tbsp. extra-virgin olive oil  
1 medium onion, chopped  
4 garlic cloves, minced  
1 medium carrot, peeled and chopped  
1 celery stalk, chopped  
1 ½ cups shredded cooked turkey meat  
3 cups pasta sauce  
1 Tbsp. dried or 1/4 cup chopped fresh basil leaves  
Salt and freshly ground black pepper  
1/2 pound spaghetti (try a whole wheat variety)  
garnish with grated Parmesan

- Heat oil in a large frying pan over medium heat. Add onion and garlic and cook, about 5 minutes. Add carrot and celery and sauté, about 5 minutes. Add turkey and sauté 1 minute. Add the marinara sauce. Decrease heat to medium-low and simmer gently for 15 minutes, stirring often. Stir in the basil. Season to taste with salt and pepper. (*Sauce can be made 1 week ahead. Cool sauce completely, then transfer to a container and freeze. Bring the sauce to a simmer before using.*)
- Meanwhile, cook the spaghetti in a large pot of boiling salted water according to package instructions. Drain, reserving 1 cup of the cooking liquid. Add the pasta to the sauce and toss to coat, adding enough reserved cooking liquid to moisten as needed. Garnish with Parmesan.

Recipe adapted from *Food Network*

### Nutritional Information:

Calories: 465	Fat: 15g
Saturated fat: 2.9g	Carbohydrates: 56g
Dietary fiber: 6g	Protein: 30g