

INGREDIENTS

- 1 lb Ground turkey
- 2 cups Chicken broth, low-sodium
- 16 oz Spaghetti noodles, whole-grain
- 1/2 c Onion, diced
- 1/2 c Carrots, shredded
- 1/2 c Spinach, chopped (optional)
- 2 Tbsp Butter
- 1/4 c Whole-wheat flour
- 1/2 c Milk, 1% or skim
- 1 tsp Salt
- 1/2 tsp Black pepper

INSTRUCTIONS

1. Heat chicken broth to a rolling boil.
2. Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. Do not overcook or drain.
3. Add onions and carrots. Remove from heat. Set aside for step 7.
4. In a medium pot, melt margarine uncovered over medium heat.
5. Add flour. Stir well for 1 minute.
6. Add milk. Stir frequently until smooth and free of lumps. Bring to a boil. Remove from heat. Set aside for step 7.
7. Add milk and flour mixture, salt, pepper, parsley, and chicken to pasta and vegetables. Heat uncovered over medium high heat for 3 minutes. Stir until thickened.
8. Fold in spinach.
9. Serve and enjoy!



Turkey & Noodles



4-6



Prep time 15 minutes

Cook time 20 minutes

Get ready to twirl your fork into a dance of flavors with our Turkey and Noodle symphony! Imagine lean ground turkey harmonizing with whole-grain spaghetti noodles, onions, and carrots, all swirling in a fragrant low-sodium chicken broth. Now, add a velvety, whole-wheat flour sauce, kissed with 1% or skim milk, and let it serenade your senses. Want to kick it up a notch? Toss in some vibrant spinach for a colorful encore. Season with a dash of salt and pepper, and voila! A bowl of nourishing delight that's ready to rock your taste buds.

