

Turkey & Veggie Bolognese

By Chef Stephen Forman



INGREDIENTS:

- 1 pound ground turkey
- 1 cup mirepoix (carrot, onion and celery)
- 1 zucchini, finely chopped
- 1 cup frozen spinach
- 1 Tbsp. garlic powder
- 2 Tbsp. dried oregano
- 1 Tbsp. thyme
- 1 cup tomato sauce
- 1 cup diced tomatoes
- 2 Tbsp. olive oil
- 1 box whole grain penne

DIRECTIONS:

1. In a medium sauce pot, add olive oil and bring to high heat.
2. Add ground turkey and stir to break apart.
3. Add onions, carrots, and celery, and cook for 3-4 minutes or until turkey is brown.
4. Add the zucchini and continue to cook for another 2-3 minutes.
5. Add seasonings, tomato sauce, and diced tomatoes. Stir and mix well.
6. Add frozen spinach and stir. Cook for another 5 minutes but longer if prefer.
7. Cook noodles according to box instructions.
8. Plate 1/2 cup cooked noodles topped with 1/2 cup sauce.

Nutrition Facts

8 servings per container

Serving size 1/2 cup pasta and
1/2 cup sauce

Amount per serving

Calories **320**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 55mg **2%**

Total Carbohydrate 48g **17%**

Dietary Fiber 8g **29%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 22g

Vitamin D 0mcg **0%**

Calcium 66mg **6%**

Iron 4mg **20%**

Potassium 840mg **20%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

MEAL KIT SHOPPING LIST

Week 2: Turkey & Veggie Bolognese

Fruit:

- no fruit this week

Vegetables:

- 1 mirepoix- \$2.89
- 1 zucchini- \$1.26
- 1 bag frozen spinach- \$1.29

Protein:

- 1 lb. lean ground turkey- \$8.29

Dairy:

- no dairy this week

Grains:

- 1 box whole grain penne- \$2.19

Herbs, Spices & More:

- 1 can tomato sauce- \$1.09
- 1 can diced tomatoes- \$1.09
- Olive oil, garlic, oregano and thyme


Cooking at Home

Grocery cost: \$18.20

Recipe cost: \$17.00

Cost per meal: \$2.12

*prices found at your local Wegmans store