

TURKEY MACARONI

INGREDIENTS

- 2 T Olive oil (extra-virgin)
 - 1 lb Tomatoes (plum) (diced)
 - 1 Onion (yellow) (large) (finely chopped)
 - 2 cloves Garlic (minced)
 - 4 C Marinara sauce
 - 1/2 t Red pepper flakes (crushed)
 - 3 C Turkey (cooked) (shredded)
 - 1 lb Elbows **OR** shells (whole-wheat **OR** gluten-free)
 - 1 C Basil leaves (fresh) (torn)
 - 3/4 C Parmesan cheese (grated) **OR** vegan parmesan (shreds or flakes)
 - 1 lb Mozzarella cheese (low-fat) (diced) **OR** Vegan mozzarella cheese (shredded)
- Non-stick cooking spray



DIRECTIONS

- 1 Heat oil in a large, deep skillet over medium heat
- 2 Add tomatoes, onion & garlic & cook until tomatoes soften (5 minutes)
- 3 Stir in marinara sauce & red pepper flake & continue to simmer (5 minutes)
- 4 Remove sauce from heat & stir in turkey
- 5 Heat oven to 400 F &
- 6 Bring a large pot of salted water to a boil
- 7 Add pasta to boiling water & cook until al dente (about 2 minutes less than package directions)
- 8 Drain pasta & transfer to a large bowl
- 9 Toss with 2 C of the sauce
- 10 Spray a 3 qt baking dish
- 11 Layer some of the pasta in dish & then some of the remaining sauce, basil, vegan cheese
- 12 Repeat layers until all ingredients are used ending with vegan mozzarella cheese on top
- 13 Bake 25 minutes until top is golden & pasta is crisp on edges

NOTE

Serves 8

