



Spring Pasta Primavera with Turkey

Prep: 20 minutes

Cook: 15 minutes • Serves: 4

- 8 ounces white or whole grain high-fiber spaghetti
- 1 bunch asparagus, cut into 1½-inch pieces (about 3 cups)
- ½ cup frozen peas
- 1 tablespoon olive oil
- 1¼ pounds boneless, skinless turkey breast tenderloins, cut into 1½-inch pieces
- ½ teaspoon salt
- ½ teaspoon fresh ground black pepper
- 1 medium leek, white and light green part only, thinly sliced crosswise (about 1 cup)
- 2 garlic cloves, minced
- 2 medium carrots, thinly sliced diagonally (about ⅔ cup)
- ½ cup less-sodium chicken or vegetable broth
- ¼ cup coarsely chopped fresh basil leaves
- 1 tablespoon fresh lemon juice
- 2 tablespoons grated Parmesan cheese

1. Heat large saucepot of water to boiling over high heat. Add spaghetti and cook as label directs, adding asparagus and peas during last two minutes of cooking. Reserve ½ cup cooking water, then drain pasta and vegetables; return to saucepot and cover to keep warm.

2. Meanwhile, in large nonstick skillet, heat oil over medium-high heat. Sprinkle turkey with ¼ teaspoon each salt and pepper. Add turkey and cook 3 to 4 minutes or until lightly browned, stirring occasionally. With tongs, transfer turkey to bowl; cover to keep warm.

3. Reduce heat to medium. Add leek to same skillet and cook 1 minute, stirring occasionally. Stir in garlic and cook 30 seconds. Add carrots and cook 2 minutes, stirring occasionally. Add broth and reserved cooking water; heat to simmering and simmer 2 minutes. Add turkey and simmer 2 minutes longer or internal temperature of turkey reaches 165°; remove from heat. Stir in half the basil, lemon juice and remaining ¼ teaspoon each salt and pepper.

4. Pour vegetable mixture over pasta mixture and toss until well combined. Serve immediately sprinkled with cheese and remaining basil.

Approximate nutritional values per serving:

395 Calories, 7g Fat (16% of total calories), 2g Saturated Fat (5% of total calories), 53mg Cholesterol, 513mg Sodium, 50g Carbohydrates, 8g Fiber, 36g Protein

Dietary Exchanges:

3 Carbohydrates; 5 Protein; 1 Fat

Chef Tips

Omit the turkey and use vegetable broth for a vegetarian dish.

Using some of the pasta cooking water helps flavor the sauce without any added fat or salt.