

Healthy Harvest® Pasta Sauce Turkey and Spring Vegetable Linguine

Preparation Time: 10 minutes

Cooking time: 15 minutes

Servings: 6



Flavourful pasta sauce, lean turkey and a colourful mix of common vegetables; this is a delicious and speedy weeknight entrée you can make all year-round.

Ingredients

1 jar (570 mL)	Healthy Harvest® Pasta Sauce Tomato and Basil
1 tbsp (15 mL)	olive oil
1 lb (500 mL)	boneless, skinless turkey breast, cubed
1 each	small onion, orange pepper and summer squash, thinly sliced
1/2 tsp each (2 mL)	sea salt and freshly ground black pepper
1 box (375 g)	Catelli® Healthy Harvest® linguine
2 cups (500 mL)	chopped asparagus
1 cup (250 mL)	frozen peas
1/2 cup (125 mL)	coarsely shredded Parmesan cheese

Instructions

1. Heat oil in a large, nonstick skillet set over medium-high heat. Add turkey, onion, orange pepper, squash, salt and pepper. Cook, stirring often, for 10 minutes or until turkey is cooked through. Stir in pasta sauce. Simmer for 2 minutes or until heated through.
2. Meanwhile, prepare linguine according to package directions; add asparagus during the last 3 minutes of cooking. Place peas in colander before draining linguine.
3. Toss linguine, asparagus, peas and cheese with sauce mixture until well combined.

Tip: Add a pinch or up to 1 tsp (5 mL) crushed hot pepper flakes with the vegetables for a spicy pasta dish.

Nutritional information per serving (about 2 cups/500 mL):

456 calories, 9 g fat, 2 g saturated fat, 60 mg cholesterol, 729 mg sodium, 60 g carbohydrates, 10 g fibre, 35 g protein. Excellent source of thiamin, niacin, folate, vitamin C and iron. Good source of riboflavin, magnesium and zinc.



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