

American Turkey Goulash

Serves 4

- whole grain pasta (8 ounces uncooked)
- 1 onion, chopped
- 1 red or green bell pepper, sliced (or use a bag of frozen sliced mixed peppers)
- 1 medium zucchini, sliced
- 1 pound lean ground turkey
- 2 cups of chopped tomatoes (or a 14.5-ounce can of diced tomatoes)
- 2 tablespoons of fresh chopped basil or 3 teaspoons dried basil
- grated parmesan cheese (optional)

1. Cook egg noodles or pasta as directed. Drain.

2. Lightly coat one large skillet with cooking spray. Over medium heat, sauté chopped onion for 2 minutes, add ground turkey and cook 4 more minutes, breaking up the turkey so it cooks. Add bell peppers and zucchini and cook for a few more minutes, until vegetables are soft and turkey is cooked throughout.

3. Add remaining ingredients and cook 5 minutes stirring occasionally.

4. To serve: toss turkey mixture with the pasta or serve the sauce on top of the pasta. Garnish with parmesan cheese if desired.

Adapted from *Healthy in Holyoke, A Community Cookbook*, 2009.

Nutrition information not available.

"I like to double this recipe but instead of mixing in the pasta, I freeze half of the mixture for another day. If I put into the refrigerator in the morning, all I have to do is cook the pasta and reheat the sauce when I come home from work."

