

Pasta with Turkey and Peas

Serves 8

Leftover holiday turkey? Cut up into bite sized pieces and freeze for quick easy meals.

- 3 cups macaroni, uncooked
- 1 tablespoon canola oil
- 1 onion, chopped
- 1 cup turkey roast, cooked and chopped
- 1 (15-ounce) can peas, drained
- 2 tablespoons Parmesan cheese

1. Cook macaroni according to package directions. Drain.
2. In a medium sized skillet, cook onion in the oil until soft. Add turkey and peas and cook until hot, about 5-7 minutes.
3. Toss turkey and peas with cooked macaroni and sprinkle with Parmesan cheese.

Nutrition information per 1 ½ cup serving: calories 260, total fat 5g, saturated fat 1g, sodium 320mg, carbohydrates 39g, fiber 4g, protein 13g.

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org

