

Picky Eater Pasta

Makes: 6 Servings

Ingredients

- 1 tablespoon** + 1 tsp Canola oil
- 1 cup** Onion, minced
- 1/2 cup** Celery, minced
- 1/2 cup** Bell pepper, minced
- 3 cups** carrots, shredded
- 3 cups** Zucchini, shredded
- 8 ounces** turkey, ground
- 10 1/2 cups** crushed tomatoes, canned
- 3/4 cup** Whole Wheat Rotini
- 2 teaspoons** salt
- 2 teaspoons** pepper
- 2 tablespoons** Italian seasoning
- 1 ounce** garlic, minced



Directions

1. In a large stock pot add crushed tomatoes and half of Italian seasoning and bring to a simmer.
2. While tomatoes are simmering mince onions, celery, bell peppers, and garlic. Shred carrots and zucchini (using either the shred attachment on a food processor or large holes on a box grater) and finely chop spinach.
3. In a large sauté pan heat $\frac{3}{4}$ of the canola oil over medium heat. Add onions, bell pepper, celery, and carrots to pan, season with salt and pepper and remaining Italian seasoning - cook for approximately 5 minutes until softened.
4. Add garlic and zucchini, stir to combine and cook for 1 minute. Add vegetable mixture to simmering tomatoes and stir to combine, bring to a boil then reduce back down to a simmer. (The sauce can be pureed at this point if desired.)

5. In the same pan used to sauté vegetables, heat remaining canola oil and add ground turkey, season with salt and pepper and brown.
6. Once turkey is brown add to the tomato sauce and simmer 5 minutes.
7. While sauce is simmering cook pasta according to the instructions on the box.
8. Finish the tomato sauce with 3/4 of the chopped spinach. Strain pasta once cooked and combine with tomato sauce. Serve pasta while warm and garnish with a sprinkle of remaining spinach. Enjoy!