

CREAMY SPINACH AND TURKEY PASTA

After a long day of errands, chores and catching up, sit down to this simple meal the whole family will enjoy. Chicken can be substituted for turkey if desired.

Yield
4 servings

Ingredients		
3	bacon slices, chopped	3
1 Tbsp	butter	15 mL
2	boneless, skinless turkey thighs or breasts, cut into thin strips (about 1 kg)	2
½ cup	chopped red onion	125 mL
2 cloves	garlic, minced	2
1 cup	sliced red pepper	250 mL
2 Tbsp	all-purpose flour	30 mL
2 cups	milk	500 mL
½ tsp	coarsely ground pepper	2 mL
½ tsp	salt	2 mL
¼ tsp	ground nutmeg	1 mL
4 cups	spinach leaves, loosely packed and trimmed	1 L
2 ½ cups	bow tie pasta, uncooked	625 mL
½ cup	finely grated fresh Parmesan cheese	125 mL

Directions
Cook bacon in large frying pan on medium-high heat for 2 to 3 minutes until crisp. Remove from pan and drain on paper towel. Drain oil from pan and wipe clean. Heat half of the butter in frying pan on medium-high heat. Add chicken and cook for 5 to 8 minutes stirring occasionally until browned on all sides. Remove from pan and set aside. Heat remaining butter in same frying pan on medium-high heat. Add onion, garlic and pepper. Cook for about 5 minutes until onion is softened. Add bacon and stir. Stir in flour and cook for 1 minute, stirring constantly. Remove from heat. Gradually stir in milk. Stir constantly over medium heat for about 5 minutes until mixture boils and thickens. Add pepper, salt and nutmeg. Reduce heat to medium-low. Add turkey and simmer, for about 5 minutes until turkey is tender, stirring occasionally. Add spinach and stir until spinach is just wilted. Meanwhile, cook pasta in a large pot of salted boiling water for 12 to 15 minutes until tender but still firm. Drain well. Return to same pot. Add chicken mixture and stir to combine. Stir in Parmesan cheese until combined.

Nutrient Content
Per Serving: Energy: 810.8 Kcal · Carbohydrate: 68.7 g · Protein: 84.8 g · Fat (Total): 20.0 g · Calcium: 449.1 mg