

TURKEY AND ZUCCHINI CHICKPEA PASTA BAKE

Bariatric, Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Sodium

Serves: 6 (Serving Size: 1 1/3 cup)

Nutrition (per serving)

Calories: 302

Total Fat: 13 g

Saturated Fat: 3.5 g

Sodium: 465 mg

Total Carbohydrate: 29 g

Dietary Fiber: 6 g

Protein: 24 g

PREP TIME: 10 min

COOK TIME: 30 min

TOTAL TIME: 40 min

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 4-5 cloves of garlic, minced
- 1 pound 93% lean ground turkey
- 4 small zucchini, cut into quarters and chopped
- 2 (15-ounce) cans diced tomatoes
- 1 tablespoon Italian seasoning
- Black pepper to taste
- 2 cups chickpea pasta (Banza), cooked to package directions
- 1 cup shredded mozzarella cheese, part skim
- Optional toppings: Parmesan cheese and red pepper flakes



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HEALTHCARE

Directions

1. Pre-heat oven to 375°F.
2. Cook chickpea pasta according to package directions. Drain, and set aside.
3. Meanwhile, heat oil in a large oven-safe skillet on medium-high heat. Add onion and garlic and cook for 2 minutes or until onions are fragrant and translucent.
4. Add the ground turkey and stir with a wooden spoon or spatula to combine with onion and garlic mixture, chop the turkey and separate it as it cooks.
5. Once the turkey is nearly finished cooking, add zucchini, diced tomatoes, and seasonings. Stir to combine the mixture and allow everything to simmer for 15-30 minutes. Longer cooking time will soften the zucchini.
6. Add cooked chickpea pasta to the mixture and stir to combine.
7. Top with mozzarella and bake in the oven-safe skillet for 20 minutes. Serve with optional toppings of parmesan cheese and red pepper flakes.

Alternate serving ideas: Instead of adding chickpea pasta, try using the turkey and vegetable mixture to top spaghetti squash, or as a filling for stuffed acorn squash. It would also be a great topping for a baked potato!