

Looneyspoons – Gringo's Starr – pg. 123

Baked cavatappi pasta with ground-turkey tomato sauce and two cheeses.



12 oz (340 g) uncooked pasta – I usually use gluten free Rigatoni or Penne
2 tsp olive oil
1 lb (454 g) ground turkey or chicken (this week was chicken from Hoofin' It)
1 cup chopped onions
2 tsp minced garlic
¾ cup each diced red and green bell peppers
Optional: 2 jalapeno peppers, seeded and minced (I left this out to make it more kid friendly)
2 cups low sodium tomato pasta sauce
¾ cup salsa
1 tsp each dried oregano, ground cumin and chilli powder
¼ tsp freshly ground black pepper
1 cup 1% cottage cheese or part-skim ricotta cheese
½ cup packed shredded old cheddar cheese
1 tbsp minced fresh cilantro or parsley

Prepare pasta according to package directions. Drain. Rinse with cold water and drain again. Set aside.

Heat olive oil in a large skillet over medium-high heat. Add turkey/chicken, onions, garlic, green and red peppers and jalapenos (if using). Cook and stir until meat is no longer pink, about 5 minutes. Drain off any fat. Add pasta sauce, salsa, oregano, cumin, chili powder and pepper. Bring to a boil. Reduce heat to medium low. Cover and simmer for 5 minutes, stirring occasionally. Remove from heat.

Spray a 9 x 13 inch baking dish with cooking spray. Spread a bit of pasta sauce over bottom, followed by ½ the pasta and ½ the remaining sauce. Spread cottage cheese evenly over sauce. Spread remaining pasta over cottage cheese, followed by remaining sauce. Top with shredded cheese.

Cover and bake at 350 degrees for 30 minutes, until completely heated through. Let stand 5 minutes before serving. Sprinkle with cilantro and serve hot.

Makes 6 Servings