

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Turkey Bolognese Shells

A rich, vegetable-packed turkey Bolognese tossed with pasta shells and Parmesan. 35 g protein.

Makes 4 servings | Serving: about 2 cup pasta | Cost: Budget-friendly | 5 min + 35 min | 35 g protein

Ingredients

- 1½ cups dry red wine (optional)
- ½ oz dried porcini mushrooms (optional)
- 1 cup onion, chopped
- ½ cup celery, rinsed and chopped
- 1 cup carrots, rinsed and thinly sliced or shredded
- 1 tablespoon garlic, pressed or finely chopped (about 2–3 cloves)
- 1 tablespoon olive oil
- 12 oz 99 percent lean ground turkey
- 1 teaspoon anise seed
- ¼ teaspoon salt
- 8 oz medium shell pasta
- 4 tablespoons no-salt-added tomato paste
- ½ cup shredded parmesan cheese

Method

1. (Optional) Simmer the porcini mushrooms in the wine, covered, 20 minutes.
2. Finely chop the onion, celery, carrots and garlic.
3. Bring 3 quarts of water to a boil. Meanwhile, brown the turkey in the olive oil with the anise seed and salt, 5-10 minutes.
4. Cook the pasta for the shortest time on the package. Add the vegetables to the turkey and cook 10 minutes, then stir in the tomato paste and simmer 5-10 minutes (add the chopped mushrooms and wine now if using).
5. Drain the pasta, toss with the sauce and top each 2-cup serving with 2 tablespoons Parmesan.

Swaps: Skip the wine and mushrooms for a quicker weeknight version.

Storage: Refrigerate up to 4 days or freeze up to 3 months.

Nutrition Facts

Per serving (about 2 cup pasta)

Calories	**463**
Total Fat	9 g
Saturated Fat	3 g
Sodium	465 mg
Total Carbohydrate	47 g
Dietary Fiber	5 g
Protein	35 g
Potassium	734 mg

Why it's good for you

- Lean ground turkey is high in protein.[1]
- Carrots add vitamin A.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Protein, https://nutritionsource.hsph.harvard.edu/what-should-you-eat/protein/ [2] NIH Office of Dietary Supplements: Vitamin A fact sheet, https://ods.od.nih.gov/factsheets/VitaminA-Consumer/

Recipe adapted from National Heart, Lung, and Blood Institute (NIH), Healthy Eating Recipes: https://www.nhlbi.nih.gov/health/heart-healthy-living/healthy-foods/healthy-eating-recipes/turkey-bolognese-shell-pasta. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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