



## Spring Pasta Primavera with Turkey

**Prep: 20 minutes**

**Cook: 15 minutes • Serves: 4**

- 8 ounces white or whole grain high-fiber spaghetti
- 1 bunch asparagus, cut into 1½-inch pieces (about 3 cups)
- ½ cup frozen peas
- 1 tablespoon olive oil
- 1¼ pounds boneless, skinless turkey breast tenderloins, cut into 1½-inch pieces
- ½ teaspoon salt
- ½ teaspoon fresh ground black pepper
- 1 medium leek, white and light green part only, thinly sliced crosswise (about 1 cup)
- 2 garlic cloves, minced
- 2 medium carrots, thinly sliced diagonally (about ⅔ cup)
- ½ cup less-sodium chicken or vegetable broth
- ¼ cup sliced fresh basil leaves
- 1 tablespoon fresh lemon juice
- 2 tablespoons grated Parmesan cheese

**1.** Heat large saucepot of water to boiling over high heat. Add spaghetti and cook as label directs, adding asparagus and peas during last 2 minutes of cooking. Reserve ½ cup cooking water, then drain pasta and vegetables; return to saucepot and cover to keep warm.

**2.** Meanwhile, in large nonstick skillet, heat oil over medium-high heat. Sprinkle turkey with ¼ teaspoon each salt and pepper. Add turkey and cook 3 to 4 minutes or until lightly browned, stirring occasionally. With tongs, transfer turkey to bowl; cover to keep warm.

**3.** Reduce heat to medium. Add leek to same skillet and cook 1 minute, stirring occasionally. Stir in garlic and cook 30 seconds. Add carrots and cook 2 minutes, stirring occasionally. Add broth and reserved cooking water; heat to simmering and simmer 2 minutes. Add turkey and simmer 2 minutes longer or until internal temperature of turkey reaches 165°; remove from heat. Stir in half the basil, lemon juice and remaining ¼ teaspoon each salt and pepper.

**4.** Pour vegetable mixture over pasta mixture and toss until well combined. Serve immediately sprinkled with cheese and remaining basil.

*Approximate nutritional values per serving:  
395 Calories, 7g Fat (2g Saturated), 53mg Cholesterol,  
513mg Sodium, 50g Carbohydrates, 8g Fiber, 36g Protein*

### **Dietitian's tip:**

*Omit the turkey and use vegetable broth for a vegetarian dish.*

*Using some of the pasta cooking water helps flavor the sauce without additional fat or salt.*