

GROUND TURKEY AND ZUCCHINI PASTA

A balanced, nutrient-dense meal that combines lean protein, chickpea-based pasta, vegetables, and a tomato-based sauce. The combination provides protein, fiber, vitamins, minerals, and healthy fats in one satisfying dish. Using Banza chickpea pasta instead of traditional pasta increases the protein and fiber content, while zucchini and tomato sauce add important plant-based nutrients and antioxidants. Serves 4.

Ingredients and Estimated Cost

• Banza chickpea pasta- 8 oz	\$3.49
• Ground turkey- 1 lb	\$5.50
• Zucchini- 1 medium, diced	\$1.00
• Tomato sauce- 2 cups	\$1.50
• Oil - 1 tbsp	\$0.25
• Garlic - 2 cloves, minced	\$0.10
• Italian seasoning - 1 tsp	\$0.10
• Onion powder - ½ tsp	\$0.05
• Dried basil or oregano - ½ tsp	\$0.05
• Salt and pepper - to taste	\$0.05
• Parmesan cheese - ¼ cup, grated (optional)	\$0.75
• Red pepper flakes - to taste (optional)	\$0.05

RECIPE COST:
\$12.89

Directions

1. Cook pasta according to the package directions. Drain and set aside.
2. Heat olive oil in a large skillet over medium heat. Add the ground turkey and cook for about 6–8 minutes, breaking it apart as it cooks, until no longer pink.
3. Add the diced zucchini and garlic. Cook for another 4–5 minutes, until the zucchini begins to soften.
4. Add the tomato sauce, Italian seasoning, onion powder, basil or oregano, black pepper, and red pepper flakes if using. Simmer for 8–10 minutes.
5. Add the cooked pasta to the skillet and gently toss everything together. Let it cook for another 1–2 minutes so the pasta absorbs some of the sauce.
6. Top with parmesan and red pepper flakes if desired.

