



## Baked Penne

12 oz. Tinkyada brown rice penne  
3/4 lb. thin asparagus, trimmed and cut into 2-inch pieces  
olive oil cooking spray  
3/4 lb. lean ground turkey  
3 c. tomato sauce  
1/2 tsp. dried basil  
1/4 tsp. garlic powder  
1/4 tsp. sea salt  
black pepper  
4 oz. raw cheese, grated

Preheat oven to 350. Bring a large pot of water to a boil and cook pasta according to package directions. (Under cook the pasta slightly for best results.) When 1 minute from being done, add asparagus and boil for 1 minute; drain and return to pot. Meanwhile, coat a large skillet with cooking spray and heat to medium-high; add turkey and cook, stirring often, until lightly browned, about 7 minutes. Add tomato sauce, basil, garlic powder, salt, and pepper, and simmer until heated through, 3 to 4 minutes. Add turkey meat sauce to penne and asparagus and stir to combine. Lightly coat a 2-quart baking dish with cooking spray; add penne mixture and bake for 18 to 20 minutes. Remove from oven and top with raw cheese. Garnish with oregano or basil if desired.

*adapted from Clean Eating*

