

Easy Turkey Manicotti with Italian Veggies

Instructions:

Don't change yet! Take out equipment.

1. Preheat **oven** to 375° F.

Brown ground turkey in a large nonstick **fry pan** or wok at med-high. Add spice. Once meat is thoroughly cooked, add soup and milk to the pan, in that order.
Mix well to combine, then **remove from heat**.

Spray lasagna or cake pan with cooking spray. Tip uncooked manicotti on end and spoon in filling until it's about 3/4 full. *It doesn't matter if the stuff is falling onto the pan and doesn't look so neat...it looks just beautiful once everything is cooked!* When all shells are filled and in pan, spoon cottage cheese over top, then spoon pasta sauce over top.

Sprinkle on Parmesan and cover tightly with foil shiny side down. Bake in **preheated oven**. Set timer for 50 minutes.

2. Wash and chop celery, pepper and cucumber. Rinse baby carrots. Place veggies in a med-size bowl.

Toss with olive oil, balsamic vinegar and spice.
Let stand in **fridge**.

3. When timer rings for manicotti, uncover. Grate cheese directly over top. Return the pan to oven and set oven to **broil**. Watch it very carefully as it only takes a couple of minutes to bubble up.

Ingredients:

Take out ingredients.

1 lb or 450 g ground turkey
1/2 tsp table blend seasoning, salt-free
1 tsp curry powder
1/4 tsp pepper
1 can cream of mushroom soup
(10 fl oz or 284 mL)
1/4 soup can 1% milk

cooking spray
8 oz or 250 g manicotti noodles

1 cup 1% cottage cheese (8 oz or 250 g)
1 can tomato pasta sauce
(24 fl oz or 680 mL)
I use a spicy blend. Choose a low sodium brand to reduce your sodium intake.

1/4 cup Parmesan cheese, light, grated
aluminum foil

2 celery ribs
1/2 red bell pepper (or 1 small)
1 cucumber (English or field)
1 cup baby carrots

1 Tbsp olive oil, extra-virgin
1 Tbsp balsamic vinegar
1 tsp Italian seasoning

1 cup grated mozzarella cheese, part-skim, shredded

Serves 4-6