

Blue is Better Recipe (Serves 6)

Easy Tex-Mex Turkey Bake

Ingredients

- cooking spray
- 8 oz. uncooked thin mostaccioli
- 1 lb. 98% lean ground turkey breast
- 2/3 c. salsa
- 10 oz. frozen corn, thawed
- 16 oz. low-fat cottage cheese
- 1 egg
- 1 Tbsp. fresh cilantro
- 1/2 tsp. white pepper
- 1/4 tsp. ground cumin
- 1/2 c. Monterey Jack cheese, shredded

Preparation Instructions

1. Cook pasta according to package directions, omitting salt. Drain, rinse & set aside.
2. Spray skillet with cooking spray. Add turkey; cook until no longer pink, about 5 minutes. Stir in salsa & corn. Remove from heat.
3. Preheat oven to 375°. Combine cottage cheese, egg, cilantro, pepper & cumin in small bowl.
4. Spoon half turkey mixture on bottom of 11x7" of 2-quart baking dish. Top with pasta. Spoon cottage cheese mixture over pasta. Top with remaining turkey mixture. Sprinkle Monterey Jack cheese over casserole.
5. Bake 20 minutes or until heated through & cheese is melted.



NUTRITION FACTS

Serving Size

1/6 of baking dish

Amount Per Serving:

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|---------------------------|--------|
| Calories..... | 365 |
| Total Fat | 6 g |
| Saturated Fat..... | 3 g |
| Cholesterol | 99 mg |
| Sodium | 800 mg |
| Carbohydrate | 39 g |
| Dietary Fiber..... | 4 g |
| Protein | 38 g |