

Chicken

Mushroom Bolognese

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Servings: 6

1 pound rigatoni
1 tablespoon olive oil
2 medium carrots, finely chopped
1 medium onion, finely chopped
8 ounces mixed mushrooms (button, shitake or crimini), thinly sliced
1 1/4 pounds turkey
1/2 cup dry white wine
1 jar (24 oz) marinara sauce

Cook pasta according to package directions. Drain the pasta and return it to the pot.

Meanwhile, heat the oil in a large skillet over medium heat. Add the carrots and onion and cook, stirring occasionally, until beginning to soften, 5 to 6 minutes. Add the mushrooms and cook, stirring occasionally, until the vegetables are tender, 3 to 4 minutes more.

Add turkey and cook, breaking it up with a spoon until no longer pink, 3 to 4 minutes.

Add the wine and bring to a boil. Stir in marinara sauce and simmer, stirring occasionally, for 3 minutes. Toss the pasta with the sauce before serving.

Per Serving (excluding unknown items): 475 Calories; 10g Fat (20.6% calories from fat); 26g Protein; 64g Carbohydrate; 4g Dietary Fiber; 51mg Cholesterol; 235mg Sodium. Exchanges: 4 Grain(Starch); 2 Lean Meat; 1 Vegetable; 1 Fat.