

## **MORE RECIPES!!!**

### **Creamy Pesto Chicken Pasta**

**Serves: 4 people**

**Total Time: 30 minutes**

1 Packet Knorr Creamy Pesto, dry sauce pack  
1 Red Pepper  
1 Medium Onion  
1 Pound Boneless Chicken Breasts  
1 Cup Low-Fat Milk  
Extra Virgin Olive Oil  
Whole Wheat Pasta

1. Wash and slice up red pepper and onion. In a skillet add about 1 tablespoon olive oil or use cooking spray to sauté peppers and onions until tender. Set aside in a bowl.
2. Wash chicken and slice into small pieces. Sauté chicken in the same skillet until no longer pink in the middle. Add to the bowl with peppers and onions.
3. Bring water to boil in a sauce pan and add pasta. Cook until tender (about 10 minutes).
4. While water is heating, wash the skillet used for the chicken or use another skillet. Add Knorr packet, 1 cup of milk, and about 2 tablespoons of Extra Virgin Olive Oil stirring constantly with a fork or whisk. Bring to boil and reduce heat to simmer about 3-4 minutes.
5. Add chicken, peppers, and onions to sauce and mix well.
6. Serve over about 1 cup of cooked pasta. YUM!

### **Grilled Turkey Barbeque**

2 large onions  
1 large garlic clove  
2 cups cider vinegar  
1/2 stick unsalted butter  
1/2 ketchup  
3 T Worcestershire  
2 T Tabasco  
1 T salt  
1 T pepper  
5 pound turkey breast

1. Combine all ingredients except turkey and Simmer for 15 min.
2. Add turkey cavity down, cook for 2 1/2 hours- this would work well in a crock pot!

### **Spicy Pasta Bake**

**Serves: 6**

4 oz. Spaghetti (broken in half)  
1 pound Low Fat ground turkey  
1 cup sliced fresh mushrooms  
1/2 cup chopped onion  
1 clove garlic, minced  
1 10 oz. can diced tomatoes  
1/2 can tomato paste (1/2 of a 6 oz. can)  
1 teaspoon Italian Seasoning  
Nonstick Cooking Spray

1 cup part-skim mozzarella cheese, shredded  
2 tablespoons grated parmesan cheese

1. Preheat oven to 350 degrees.
2. Cook spaghetti in boiling water for about 8-10 minutes.
3. While spaghetti is cooking, in a large skillet, cook ground turkey, mushrooms, onion, and garlic until meat is brown and onion is tender.
4. Drain fat from skillet. Stir in undrained tomatoes, tomato paste, and Italian seasoning.
5. Spray a small baking dish with non-stick cooking spray. Place ½ of the spaghetti in the bottom of the dish; top with ½ the mozzarella cheese, and ½ the sauce mixture.
6. Repeat layers. Cover loosely with foil and bake at 350 degrees for 25-30 minutes. Top with parmesan cheese. Let stand 10 minutes and serve.



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