

Italian Wedding Pasta

A Sprinkle of This and That

Ingredients:

1 pound ground turkey
1/4 cup Italian breadcrumbs
1 Tbsp minced garlic
1 egg, beaten
1 cup grated Parmesan cheese
(divided 1/2 cup, 1/4 cup, 1/4 cup)
1 package bow tie pasta (12 ounces)
1 Tbsp cornstarch
1 1/2 cup 2% milk or cream
1 cup chicken broth
1 5 ounce bag fresh spinach
fresh ground pepper, to taste



Directions:

1. In a large bowl, make the meatballs. Place 1 pound of ground turkey, 1/4 cup breadcrumbs, minced garlic, beaten egg and 1/4 cup Parmesan cheese.
2. Mix with hands until all is incorporated. Shape into meatballs. Preheat oven to 400 degrees.
3. Place meatballs on a baking sheet and bake at 400 degrees for 20 minutes. Meanwhile, boil water to cook the pasta.
4. Cook the bow tie pasta 2 minutes less than package cooking time. Drain.
5. In a large pot, whisk together cornstarch and milk.
6. Add chicken broth and bring to a boil.
7. Reduce heat to medium high, add pasta and cook for an additional 1-2 minutes. Stir in spinach, 1/2 cup Parmesan cheese and fresh ground pepper.
8. Add meatballs and stir.
9. Transfer entire mixture to a 9 x 13 baking dish.
10. Sprinkle with 1/4 cup Parmesan cheese (the remaining cheese) and bake at 350 degrees for 20 minutes.