Turkey Minestrone
in a new light

Makes: 8 servings
Prep Time: 20 minutes
Cook Time: 30 minutes
Difficulty: Easy

Ingredients:
- 2 slices reduced-sodium bacon, chopped (try Hormel Black Label)
- 1 small zucchini, diced
- 4 ribs celery, chopped
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 3 tablespoons tomato paste
- 6 cups unsalted chicken or turkey stock (homemade, or try Swanson’s brand)
- 1 (15-ounce) can no-salt-added white beans, such as cannellini or navy beans, rinsed and drained
- 1 bay leaf
- 1/2 cup uncooked whole wheat ditalini or small elbow pasta
- 4 cups baby spinach, roughly chopped
- 2 cups cooked skinless turkey breast, cut into 1/2-inch pieces
- 1/4 teaspoon ground black pepper
- 8 tablespoons freshly grated Parmesan cheese

Directions:

In a large nonstick saucepan or Dutch oven, cook bacon over medium heat until crisp, about 5 minutes. Drain and discard fat.

Add the zucchini, celery, onion, and garlic; cook, stirring, until onion is translucent, 5–8 minutes. Stir in tomato paste and cook, stirring, 1 minute longer.

Add stock, beans, and bay leaf; bring to a boil. Add the pasta and simmer until just tender, 8–10 minutes. Stir in spinach, turkey, and pepper; continue cooking until spinach is wilted, 5 minutes. Serve, sprinkling a tablespoon of grated Parmesan on top of each portion.

Nutritional Information: Per serving (1 cup): 210 calories, 4 g fat (1.5 g saturated, 0 g trans), 30 mg cholesterol, 300 mg sodium, 23 g carbohydrate, 6 g fiber, 18 g protein.