



Cajun Turkey Pasta

Prep: 15 minutes

Cook: 30 minutes • Serves: 6

- ½ (16-ounce) package penne pasta
- 6 slices smoked bacon, chopped
- ½ cup diced yellow onion
- 2 garlic cloves, minced
- 1 red bell pepper, thinly sliced
- 1½ tablespoons Cajun seasoning
- 1 can (14.5 ounces) diced tomatoes
- 1 cup heavy cream
- ¼ cup grated Parmesan cheese
- 3 cups chopped leftover or cooked turkey
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ¼ teaspoon lemon zest
- Chopped fresh Italian flat-leaf parsley for garnish (optional)
- Shaved Parmesan cheese for garnish (optional)

1. Heat large saucepot of salted water to boiling over high heat. Add pasta and cook as label directs; drain and return to saucepot.

2. In large nonstick skillet, cook bacon over medium heat 7 minutes or until crisp, stirring occasionally; with slotted spoon, transfer bacon to paper towel-lined plate. Remove and discard all but 2 tablespoons drippings in skillet. Add onion; cook 3 minutes, stirring occasionally. Add garlic, bell pepper and Cajun seasoning; cook 2 minutes.

3. Increase heat to medium-high; stir in tomatoes with their juice and heat to a simmer. Stir in cream and cook 5 minutes or until sauce thickens; stir in grated cheese and turkey.

4. Add salt, pepper, zest, bacon and turkey mixture to pasta; toss well to combine. Serve topped with parsley and shaved cheese, if desired.

Approximate nutritional values per serving:

452 Calories, 20g Fat (11g Saturated), 117mg Cholesterol, 699mg Sodium, 35g Carbohydrates, 3g Fiber, 30g Protein

Helpful tip:

> For spicier pasta, add more Cajun seasoning.