



High-Protein Mac & Cheese with Ground Turkey and Chickpea Pasta

SERVINGS: 3-4

Ingredients

- 1 lb lean ground turkey (93% lean or higher)
- 1-1.5 cups shredded cheddar cheese
- ¼ cup milk
- 2 cups chickpea or lentil pasta
- olive oil or butter
- salt and pepper
- garlic powder (optional)
- onion powder (optional)
- frozen peas or chopped spinach (optional)

Directions

1. Cook pasta - bring a pot of salted water to a boil. Cook chickpea or lentil pasta according to package directions. Drain and set aside.
2. Brown the turkey - In a large skillet over medium heat, add 1 tsp olive oil and 1 lb ground turkey. Season with salt, pepper, and optional garlic and onion powder. Cook until fully browned, breaking it into small pieces (about 6-8 minutes).
3. Add optional veggies - Stir in ½ cup frozen peas or finely chopped spinach. Cook until soft and warmed through (-2 minutes).
4. Make it cheesy - Turn heat to low. Add drained pasta to the skillet with the turkey. Stir in ¼ cup milk and 1 - 1.5 cups shredded cheese. Mix until melty and creamy.
5. Serve it up - Spoon into bowls and top with a little extra cheese if desired. Optional: let kids top with a smiley face using peas or sauce.

WHY WE LOVE IT: This recipe provides 25-30 grams of protein per serving. Includes hidden nutrition from veggie pasta and optional veggies. Great for meal prep or lunch leftovers. Quick and one pan-friendly. Uses familiar flavors, kids love.

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