Dinner Tonight!
Mexicali Turkey Skillet Casserole

1 cup (4 ounces) small elbow macaroni, uncooked
Cooking spray
1 pound ground turkey breast
1– 14 1/2-ounce can no-salt-added diced tomatoes, un-drained
1– 8 3/4-ounce can no-salt-added whole-kernel corn, un-drained
1– 1.25 ounce package 40% less-sodium taco seasoning mix

Cook pasta according to package directions, omitting fat and salt. While pasta cooks, coat a large nonstick skillet with cooking spray. Place over medium-high heat until hot. Add turkey and cook, stirring constantly, until turkey crumbles. Stir in drained pasta, tomatoes, corn and taco seasoning. Cook 5 minutes, stirring occasionally.

Preparation Time: 15 minutes
Cook Time: 15 minutes
Serves: 4

Nutrition facts per serving:
Calories: 330
Total Fat: 2.9 g
Cholesterol: 68 g
Sodium: 589 mg
Total Carbohydrate: 42 g
Fiber: 2.7 g
Protein: 32.5 g

Cost per serving: $1.46

Serve with: Gingered Melon Salad: Combine 4 cups assorted cubed melon, cantaloupe, honeydew. Combine 1/4 cup pineapple juice, 1 1/2 Tablespoons honey and 1/4 teaspoon ground ginger. Pour over melon cubes and toss. Yield: 4 (1 cup) servings.
Per serving: 89 calories, 0.4 grams fat, 1 gram protein, 22.3 grams carbohydrate, 1.3 grams fiber, 0 mg cholesterol, 11 grams sodium.