

## **Third Week of Eat3 Campaign Features Italian Fare**

Spaghetti and Turkey Meat Sauce take center stage in the third week of the Eat3 healthy meal campaign sponsored by the Healthy Start Partnership. Using lean ground turkey and fresh bell pepper, onion, and garlic makes this dish especially tasty, and choosing to serve the sauce over whole grain pasta will count as one of the three daily servings of whole grains recommended for healthy eating. Put this easy recipe together with the featured steamed broccoli, and you have a quick, delicious, easy meal that's just right for these cool fall evenings.

To be eligible for prize drawings and to participate in the campaign, register at [www.eat3.org](http://www.eat3.org). There you and your family will find a wealth of activities, tasty recipes, an opportunity to blog with others about the featured meals, tips, and information about why it's a great idea to Eat3: Eat well, Eat local, and Eat together.

Following is the featured meal for the week of October 12<sup>th</sup> - 18<sup>th</sup>. You can find the nutrition analysis and all of the Eat3 menus and recipes at [www.eat3.org](http://www.eat3.org).

### **SPAGHETTI & TURKEY MEAT SAUCE**

#### Ingredients

1 tablespoon vegetable oil  
½ pound lean ground turkey  
1 green bell pepper  
1 large onion  
2 cloves garlic  
1 28-ounce can of whole tomatoes  
½ - 1 tablespoon dry oregano  
½ teaspoon black pepper  
1 6-ounce can tomato paste  
1 pound pasta or rice

#### Instructions

1. Put oil in skillet, heat. Add turkey and cook, stirring occasionally, for about 5 minutes. Drain off fat.
2. Wash and chop green pepper. Peel & chop onion. Peel & mince garlic.
3. Add green pepper, onion, and garlic to turkey. Stir & cook for 5 minutes.
4. Chop tomatoes and add them, including their juice, to the turkey mixture. Add oregano and black pepper. Simmer covered for about 15 minutes, stirring occasionally.
5. Remove cover, stir in tomato paste, and simmer for about 10 more minutes, stirring often.
6. Serve over 1 pound cooked pasta.

*Makes 5 servings*

### **STEAMED (BLANCHED) BROCCOLI**

#### Ingredients

4 cups broccoli florets

#### Instructions

1. Heat a pot of water until it boils.
2. Add salt to the boiling water.
3. Blanch broccoli in boiling salted water for 2-3 minutes until crisp-tender.
4. Drain the water from the broccoli.

*Makes 8 servings*

To catch up on recipes you might have missed during previous weeks, or for more about Eat3, visit [www.eat3.org](http://www.eat3.org). The Eat3 project is brought to you by the Healthy Start Partnership and supported by the National Research Initiative of USDA Cooperative State Research, Education & Extension Service.