Quick Turkey Pasta Sauce

Ingredients
1 ground turkey patty (approximately 4-6 ounces)
1-2 teaspoons Italian seasoning (or any combination of oregano, marjoram, basil, etc.)
Dashes of red wine *optional
1 shallot or ½ medium onion, chopped
Garlic, any amount minced
1 cup Classico Tomato Basil pasta sauce (or other vegetarian, no-sugar-added pasta sauce)
*Optional: Add ¼ cup Nancy’s low-fat cottage cheese (it contains healthy probiotics) over top

Directions
1. Chop shallot or onion and/or garlic. With your hands or spatula, mix ground turkey with Italian seasonings, red wine (if using), shallot and/or garlic. You may let this sit covered in the refrigerator during the day or cook immediately.
2. Drizzle olive oil in a stainless steel pan, and heat to low-medium or medium heat. When oil is heated, add the turkey mixture to pan and brown. Once the turkey is nearly completely cooked, add the pasta sauce, and let it simmer with turkey for ~5 minutes or until desired consistency. For thinner sauce, simmer for less time, for thicker sauce, simmer longer.
3. Optional: Top with cottage cheese or other favorite cheese. Enjoy!

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