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Courtesy of @Fitmencook

## **Turkey And Zucchini Quinoa Pasta Casserole With Mozzarella**

### **Ingredients for 5 servings:**

~32 oz lean ground turkey (93%)  
8 oz (1 box) quinoa pasta (shells)  
5/8 cup shredded mozzarella (1/8 cup on each)  
1/2 red onion (chopped)  
2 cups zucchini (chopped)  
1 bell pepper (chopped)  
2 tomatoes  
1 cup chicken broth  
Two 6 oz can tomato paste

Supplies: Mini, disposable tin foil pans

### **Directions:**

1. Set oven to 375 degrees F.
2. Boil quinoa pasta, rinse with warm water, and set aside.
3. Set a skillet on medium-high heat and lightly spray with coconut oil. Toss in red onion and granulated or freshly minced garlic. Cook in the skillet until the onions are nearly translucent.
4. Add in the ground turkey meat. Stir and cook with a wooden spoon or spatula. Chop the turkey and separate it as it cooks.
5. Once the turkey is nearly finished cooking, add zucchini, tomato paste, tomatoes, bell peppers, and one cup chicken broth.
6. Stir slowly and reduce heat slightly. Cover and cook until the mixture begins to simmer.

\*Tip: If your skillet is large enough, add in cooked pasta. If not, continue on to step 7.

7. Evenly divide the pasta among the five mini pans. Pour the mixture on top of the pasta.
8. Pour the remaining chicken broth over the individual pans to ensure moisture.
9. Top each with 1/8 cup shredded mozzarella.

10. Bake in the oven for 20 minutes at 375F. Once finished, allow to cool. Cover with foil and freeze until you're ready to eat.
11. Reheat in the oven. Enjoy!