

CHEESY PASTA BAKE

- 1/2 box pasta (I used whole wheat rotini, but macaroni would be super fun.)
- 1-2 T butter.
- 1/2 onion, chopped
- 1 carrot, grated
- 2-3 garlic cloves, finely chopped
- 1 package ground turkey or lean ground beef
- 1 15-oz can tomato sauce
- 1 C skim milk
- 2 T all-purpose flour
- 1/8 tsp ground nutmeg
- 1/2 tsp salt
- 1 1/2 C shredded cheddar cheese (reduced fat if you're into that)
- Extra salt & pepper for seasoning

Melt butter in a heavy pan or Dutch oven. Add onions and carrot, cooking over medium-high heat until tender. Add garlic and cook another 1-2 minutes. Add ground turkey, cooking until browned. Season with salt & pepper. Stir in tomato sauce. Bring to a boil, then reduce heat to medium-low and cook until most of the liquid has evaporated, about 20 minutes, stirring occasionally.

Preheat oven to 375.

Cook pasta according to package directions and drain. Stir pasta into turkey mixture.

Stir milk, flour, nutmeg, and 1/2 tsp salt together in a medium saucepan over medium-high heat. Whisk continuously until the mixture thickens, about 5 minutes. Stir in 1 C cheese until smooth. Stir cheese mixture into pasta & sauce mixture. Taste for seasoning, adding more salt or pepper as needed.

Transfer mixture to a lightly greased (cooking spray is fine) small casserole dish. Sprinkle remaining 1/2 C cheese on top. Bake uncovered for about 25 minutes or until cheese is melted and beginning to brown at the edges. Allow to stand for 5 minutes before serving.

