

Low Fat Turkey Bolognese with Rigatoni Pasta

[Steve Shipley of Johnson & Wales](#)

From the Yale Appliance + Lighting Chef Series

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 small yellow onion, chopped
- 1 carrot, chopped
- 2 pounds ground turkey
- 3/4 cup dry white wine
- 1 cup chicken broth
- 1 cup crushed tomatoes
- 1/2 teaspoon salt, optional
- 1/2 cup light cream
- 1/4 cup Parmesan cheese

Method:

1. Heat the olive oil in a Dutch oven over medium-high heat until hot but not smoking. Add the vegetables; decrease heat to medium.
2. Cook, stirring occasionally, until golden, about 5 minutes. Add the ground turkey; increase heat to medium-high. Cook, stirring occasionally, until evenly brown, about 15 minutes.
3. Stir in the wine, scraping up any browned bits from the bottom of the pan. Stir in the broth and tomatoes; cook until flavors come together, about 20 minutes. Add cream, bring to a boil. Add salt to taste if necessary.
4. Cook pasta according to directions on package. Serve pasta with sauce and top with parmesan cheese.