Greek Lemon Turkey Pasta

Ingredients:

- Soy Sauce 1 Tbsp, 1 tsp
- 100% Lemon Juice 1 Tbsp, 1 tsp
- Minced Garlic Spice 1 ½ tsp
- Ground Black Pepper 1 ¾ tsp
- Fancy Lemon ½ Tbsp ground peel
- Low Sodium Turkey Breast 1 lbs, 4 oz
- Whole Wheat Penne Rigate Pasta 15 ½ oz
- Water 3 Tbsp
- Corn Starch 2 2/3 Tbsp
- Low-Sodium Chicken Base 3 ¼ cup
- Pan Coating Spray 1 Spray to coat
- Frozen Chopped Spinach 14 Ounce
- Yellow Onions ¾ cup sliced
- 100% Lemon Juice 3 Tbsp

Instructions:

1. Combine soy sauce, lemon juice, garlic, pepper, and lemon rind. Mix well.
2. Cut turkey into bite size pieces. Add marinade and toss to coat turkey evenly.
3. Bring 2 ½ quarts of water to a boil. Slowly add pasta while stirring until water boils again. Cook 10-12 minutes or until almost tender, stir occasionally. Drain. Rinse pasta in cold water.
4. Dissolve cornstarch in water.
5. Prepare chicken stock according to package directions.
6. Spray a deep skillet with nonstick spray. Add turkey and marinade. Stir until turkey is no longer pink.
7. Add spinach and stock to the skillet; bring to a boil stirring. Reduce heat; slowly add cornstarch mixture until slightly thickened.
8. Add onions, lemon juice, and pasta, stirring until ingredients are well distributed.

Portions: 8 portions of 1 1/3 cups