

**Recipe Name:** Baked Rigatoni with Turkey**Recipe Category:** Dinner Entrée**Portion Size:** ½ cup Meat Sauce and ½ cup Pasta Total 1 cup**Ingredients:** Yields: 8 servings

Ingredients	Notes:
32 oz. Spaghetti sauce	
2 lbs. lean ground turkey	
1 lb. rigatoni pasta	
2 cups shredded low fat mozzarella cheese	
½ c. Parmesan cheese	

**Directions:**

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Preheat oven to 350 degrees.	
2	Brown ground turkey in large skillet. Drain.	Minimum Temperature 165°F for 15 seconds
3	Add spaghetti sauce to beef in large skillet. Cook for 10 minutes until hot.	
4	Cook pasta according to directions on package. Drain.	
5	Combine pasta with meat mixture.	
6	In a large baking dish spread pasta and meat mixture.	
7	Top with mozzarella cheese.	
8	Bake for 30 minutes or until hot.	Temperature check to 165 degrees F.
9	Garnish with Parmesan cheese.	

**Time Temperature Sensitive food.** Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41°F or colder or using time alone (less than four hours). Always wash hands and wash and sanitize counter tops utensils and containers between steps when working with raw meat.

**Texture Modified Diets: Tip: Use pasta with appropriate particle size.**

**Soft & Bite Size:** (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½" particle size prior to mixing. Moisten with broth as needed.

**Chopped:** **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size prior to mixing. Moisten with broth as needed.

**Minced and Moist:**(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8-inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to mixing. Moisten with broth as needed.

**Pureed: Smooth and cohesive.** Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding.

Serve ½ c. meat sauce serving and ½ cup pasta separately.

**Therapeutic Modified Diets:**

**Lowfat:** No changes needed

**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** No changes needed

**Bland:** omit spaghetti sauce, serve hamburger patty plain and plain pasta

**Liberal House Renal:** Omit spaghetti sauce Mozzarella cheese, and Parmesan cheese. Serve hamburger patty plain and SF plain pasta. May toss pasta with salt free herbs/spices.

**No Added Salt:** No changes

**2 Gram Sodium:** Omit spaghetti sauce. Serve hamburger patty plain and plain SF pasta. May toss pasta with salt free herbs/spices, and fresh tomatoes

**Gluten Free:** Use GF spaghetti sauce and GF pasta. Prepare foods separately to prevent cross contamination.

**Allergy Alerts:** When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X	X	X				

**Key:** SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free