

ROASTED RED PEPPER PASTA

FOR THE MANAGEMENT OF GASTROESOPHAGEAL REFLUX DISEASE

INGREDIENTS

- 4 red bell peppers, cut in half and seeds removed
- 2 tablespoons olive oil
- 1 lb ground turkey
- 1/2 cup cottage cheese
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried basil
- Salt and pepper to taste
- 8 ounces (1/2 box) whole wheat penne or rigatoni pasta
- 1 cup reserved pasta water
- Torn fresh basil and parmesan for serving

INSTRUCTIONS

1. Preheat oven to 450 degrees F.
2. Using your hands, coat peppers in olive oil.
3. Place peppers cut side down on a baking sheet.
4. Roast until skins begin to brown, 20-25 minutes.
5. While the peppers roast, cook ground turkey in a skillet over medium heat until browned then drain and set aside.
6. When peppers are finished, remove from oven and cover with foil for 5-10 minutes to steam.
7. Using your hands, gently remove the skin from the bell peppers and discard.
8. Cook pasta according to package instructions. Once ready, reserve 1 cup of pasta water, then drain and return to pot.
9. While pasta cooks, place the bell peppers, cottage cheese, oregano, parsley, basil, salt, and pepper in a blender and blend for 20-30 seconds.
10. Add pasta water and blend until smooth.
11. Once blended, place sauce back in the pot with the pasta and bring to a simmer.
12. Add ground turkey then stir until warmed through.
13. Serve with torn basil and parmesan for garnish.

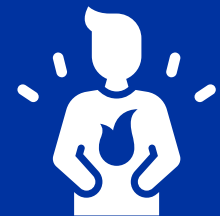


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GERD FRIENDLY



4 SERVINGS



35 MIN



ROASTED RED PEPPER PASTA

NUTRITION FACTS

CHECK THE LABEL

How can this meal be helpful in managing GERD?

Learning to make dietary substitutions will allow patients to continue eating foods they enjoy. This recipe for pasta with red sauce avoids traditional ingredients like tomatoes and ground beef, opting instead for red peppers and lean ground turkey. Both fresh and dried herbs are used in place of garlic, onion, and excess salt.

This recipe is high in protein (32g) and fiber (9g) but low in total fat (7g) and saturated fat in particular (1.5g). It is also low calorie at only 420 kcal/serving with no added sugars. This makes it an excellent recommendation for patients with comorbidities like obesity, high blood pressure, or high cholesterol.

Essential Nutrients

For any patient with dietary limitations, it is important to ensure patients are still getting the necessary vitamins and minerals they need to thrive. This recipe includes:

- Iron: 20% DV
- Magnesium: 30% DV
- Vitamin C: 120% DV
- Vitamin A: 60% DV

Nutrition Facts

servings per container	
Serving size	(373g)
Amount per serving	
Calories	420
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 400mg	17%
Total Carbohydrate 53g	19%
Dietary Fiber 9g	32%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 4mg	20%
Potassium 639mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.