



Penne with Turkey, Arugula, and Sun-Dried-Tomato Vinaigrette

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



511 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounces arugula (cut into 1/2-inch strips,) watercress, large stems removed (3 bunches)
- 1.5 tablespoons balsamic vinegar
- 2 cloves garlic (smashed)
- 0.5 teaspoon fresh-ground pepper (black)
- 0.3 cup olive oil
- 0.5 pound penne pasta
- 0.8 teaspoon salt

- 6 reconstituted sun-dried tomato halves chopped
- 1 pound turkey cutlets cut into 1/2-by-1 1/2-inch strips

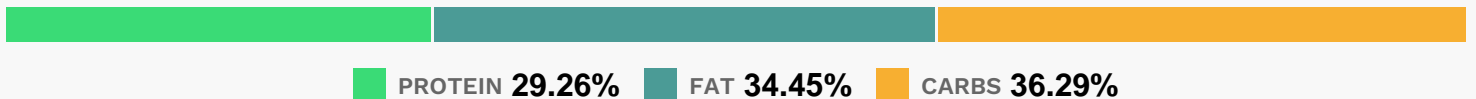
Equipment

- bowl
- frying pan
- pot
- blender

Directions

- In a blender, combine the sun-dried tomatoes, garlic, vinegar, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper. Blend until a paste forms. With the machine running, add the 1/3 cup oil in a thin stream.
- Sprinkle the turkey with the remaining 1/4 teaspoon each of the salt and pepper. In a large frying pan, heat the remaining 1 tablespoon oil over moderate heat. Cook the turkey, in two batches if necessary, until just cooked through, about 3 minutes. Do not overcook.
- Transfer the turkey to a large bowl and add the arugula.
- In a large pot of boiling, salted water, cook the penne until just done, about 13 minutes.
- Drain, toss with the turkey and arugula and the tomato vinaigrette, and serve warm.
- Wine Recommendation: A fruity red will complement the sharpness of the arugula. Try a Beaujolais-Villages from France or a dolcetto from Italy. In either case, chill the wine slightly before serving.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:18.2, Inflammation Score:-8, Nutrition Score:16.520869483118%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 9.8mg, Kaempferol: 9.8mg, Kaempferol: 9.8mg, Kaempferol: 9.8mg

Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 12.78mg, Quercetin: 12.78mg, Quercetin: 12.78mg, Quercetin: 12.78mg

Nutrients (% of daily need)

Calories: 511.37kcal (25.57%), Fat: 19.51g (30.02%), Saturated Fat: 2.67g (16.69%), Carbohydrates: 46.24g (15.41%), Net Carbohydrates: 43.75g (15.91%), Sugar: 3.64g (4.05%), Cholesterol: 70.87mg (23.62%), Sodium: 514.28mg (22.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.29g (74.59%), Vitamin K: 118.93µg (113.26%), Selenium: 36.61µg (52.3%), Manganese: 0.75mg (37.25%), Vitamin A: 1384.67IU (27.69%), Vitamin C: 19.93mg (24.16%), Vitamin E: 3.08mg (20.56%), Phosphorus: 147.19mg (14.72%), Copper: 0.25mg (12.45%), Magnesium: 46.33mg (11.58%), Potassium: 386mg (11.03%), Fiber: 2.49g (9.96%), Vitamin B6: 0.16mg (8.23%), Iron: 1.47mg (8.19%), Vitamin B1: 0.11mg (7.23%), Calcium: 72.13mg (7.21%), Vitamin B3: 1.33mg (6.67%), Zinc: 0.93mg (6.21%), Vitamin B2: 0.1mg (5.99%), Vitamin B5: 0.45mg (4.51%), Folate: 16.16µg (4.04%)