



DELICIOUS & CREAMY HIGH PROTEIN COTTAGE CHEESE PASTA

A rich and creamy pasta made with wholesome ingredients, lean ground turkey, and a protein-packed cottage cheese sauce. High in protein and full of flavor — the perfect comfort meal that supports your goals.



SERVINGS
5 servings
(2 cups
per serving)



PREP TIME
15 mins



COOK TIME
25–30 mins



TOTAL TIME
40–45 mins

INGREDIENTS

LEAN TURKEY

- 1 pound 93% lean ground turkey
- 2 teaspoons Italian seasoning
- 1/2 teaspoon kosher salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper

COTTAGE CHEESE PASTA SAUCE

- 2 teaspoons virgin olive oil
- 1/2 yellow onion, finely diced
- 4 garlic cloves, smashed
- 1/4 teaspoon crushed red pepper flakes
- 5 ounces tomato paste
- 1/3 cup chicken broth
- 1 cup 2% cottage cheese
- 1/3 cup low fat milk
- 1/2 cup grated Parmesan cheese, plus more for topping

PASTA

- 12 ounces rigatoni style high protein pasta
- Fresh basil, for garnish

EQUIPMENT

- Large pot
- Large skillet
- Blender
- Measuring cups & spoons

INSTRUCTIONS

1. Bring a large pot of salted water to a boil.
2. Heat a large skillet over medium heat. When hot, add the ground turkey, Italian seasoning, garlic powder, salt and black pepper. Cook 5 to 6 minutes, breaking up the meat until cooked through. Remove from heat and transfer meat to a plate. Wipe the skillet.
3. While the turkey is cooking, cook the rigatoni according to package instructions to al dente, reserving 1/2 cup of pasta water before draining for thinning out sauce later, and set aside.
4. Heat the skillet over medium heat and add 2 teaspoons of olive oil, onion, garlic and red pepper flakes. Cook 3 to 4 minutes until onions are translucent.
5. Add the tomato paste and cook 2 to 3 minutes, making sure onions and garlic are well coated in tomato paste. It will begin to turn a darker red, and that is what you want. De-glaze with chicken broth, stir well, and remove from heat.
6. Add cottage cheese and milk to a blender and blend for 30 seconds until smooth. Add the tomato sauce to the blender along with the Parmesan cheese and blend until smooth.
7. Pour the sauce back into the skillet, adding some water to the blender and pouring it into the sauce to get it all out, and stir over low heat until cohesive. If needed, add some reserved pasta water 1–2 tablespoons at a time, to get the right texture.
8. Drain the pasta, then add it to the sauce with the ground turkey and stir to combine. Top off with additional grated Parmesan and fresh basil.

NUTRITION INFORMATION — PER SERVING

CALORIES	PROTEIN	CARBOHYDRATES	FAT
500 kcal	40 g	56 g	15 g

FIBER BREAKDOWN (PER SERVING)



- Total Fiber: 6 g
- Soluble Fiber: 1.8 g (30%)
 - Insoluble Fiber: 4.2 g (70%)

PROTEIN PROFILE (PER SERVING)



- Total Protein: 40 g
- Animal Protein: 30 g (75%)
 - Plant Protein: 10 g (25%)

FAT PROFILE (PER SERVING)



- Total Fat: 15 g
- Saturated Fat: 4 g (27%)
 - Monounsaturated Fat: 6 g (40%)
 - Polyunsaturated Fat: 5 g (33%)

TIPS

- Reserve pasta water — it helps adjust the sauce to your preferred texture.
- For extra flavor, add a squeeze of lemon juice before serving.
- Store leftovers in an airtight container in the refrigerator up to 4 days.

RECIPE NOTES

This recipe is designed to deliver high protein while keeping the meal satisfying, creamy, and nutrient-rich to support your health goals.