

# A Kansas SNAP-Ed *EZ Does it* Recipe

## Tasty Turkey Tetrazzini



Servings: 8

### *Ingredients:*

- 8 ounces whole-wheat fettuccine or spaghetti (or whatever pasta you like or have on hand)
- 4 tablespoons light butter (unsalted)
- 2 cups mushrooms, sliced (fresh or canned)
- 1 teaspoon dried thyme
- ½ cup all-purpose flour
- 2 cups reduced-sodium chicken broth
- 1½ cups skim milk
- 4 cups chopped cooked turkey
- 1 cup leftover vegetables or any vegetables you have on hand
- 2 tablespoons grated Parmesan cheese



### *Directions:*

1. Cook pasta in a large pot of boiling water until tender.
2. Preheat oven to 400 °F. Lightly grease a baking dish or casserole dish.
3. While pasta is cooking, melt butter in a saucepan over medium heat. Add the mushrooms and thyme. Stir and cook until mushrooms are softened, about 5 minutes.
4. Stir in flour until well blended.
5. Using a whisk, slowly stir in chicken broth and milk. Bring to a boil, reduce heat and simmer until sauce is thickened and smooth, about 5 minutes.
6. Add turkey and vegetables of your choice. Stir together.
7. Place cooked pasta in baking or casserole dish. Add turkey mixture, gently mix together. Sprinkle with Parmesan cheese.
8. Bake until the sauce is bubbling and the cheese is golden brown, 25-35 minutes. Let cool 15 minutes before serving.

**Nutrition Facts:** Each one cup serving provides 319 Calories, 7g Total Fat, 4g Saturated Fat, 260mg Sodium, 34g Total Carbohydrate, 5g Dietary Fiber, 30g Protein

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