

## Eve's Tasty Turkey Tetrazzini

**Makes:** 8 Servings

Our family loves the savory flavors of a turkey dinner. However, after a few rounds of leftovers, it's great to be able to taste new flavors and prepare an easy, one-dish meal. My version of Turkey Tetrazzini has 1/2 the sodium and more vegetables than the original version without sacrificing flavor or texture. This Turkey Tetrazzini is a tradition in our household, and I hope it becomes one in yours as well. - Eve, CNPP Nutritionist.

### Ingredients

8 ounces whole-wheat fettuccine, spaghetti, macaroni, or other noodles  
4 tablespoons light butter (unsalted)  
2 cups Mushrooms, sliced (fresh or canned)  
1 teaspoon dried thyme  
1/2 cup all-purpose flour  
2 cups reduced-sodium chicken broth  
1 1/2 cups skim milk  
4 cups chopped cooked turkey  
1 cup peas (frozen)  
2 tablespoons grated Parmesan cheese

### Directions

1. Preheat oven to 400 °F. Lightly grease a 9x9-inch baking dish.
2. Cook pasta in a large pot of boiling water until tender. (Check cooking time for pasta; remove pasta approximately 2 minutes early.)
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. (Note: Start with 1/3 cup flour and add more, if needed.)
5. While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat, and simmer until sauce is thickened and smooth, about 5 minutes.
6. Add turkey, toasted almonds, frozen peas, and cooked pasta. Gently mix together. Pour into the baking dish and sprinkle with Parmesan cheese.
7. Bake until the sauce is bubbling and the cheese is golden brown, 25-35 minutes. Let cool 15 minutes before serving.

### My Notes



**Source:** USDA Center for Nutrition Policy and Promotion

# Nutrition Information

Nutrients	Amount	MyPlate Food Groups
Calories	319	 Vegetables 1/2 cup
Total Fat	7 g	 Grains 1 1/2 ounces
Saturated Fat	4 g	 Protein Foods 2 1/2 ounces
Cholesterol	56 mg	 Dairy 1/4 cup
Sodium	260 mg	
Total Carbohydrate	34 g	
Dietary Fiber	5 g	
Total Sugars	4 g	
Added Sugars included	0 g	
Protein	30 g	
Vitamin D	1 mcg	
Calcium	110 mg	
Iron	3 mg	
Potassium	457 mg	
N/A - data is not available		

[For more information on MyPlate Food Groups visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)

