

NUTRITION PER SERVING:

CALORIES 486
PROTEIN 33 G
CARBOHYDRATE 55 G
TOTAL FAT 15.1 G

PREP TIME: 30 MINUTES
COOK TIME: 50 MINUTES

YIELD: 8 SERVINGS
SERVING SIZE: 1.5 CUPS

INGREDIENTS:

12 OZ UNCOOKED PENNE PASTA
3 TBSP PLUS 2 TSP CANOLA OIL, DIVIDED
1 LB TURKEY CUTLETS
2 C CHOPPED ONION
1 C CHOPPED CELERY
1 TBSP CHOPPED FRESH THYME
3 (8-OUNCE) PACKAGES PRESLICED MUSHROOMS
½ C DRY WHITE WINE
1 ¼ TSP KOSHER SALT, DIVIDED
3 C 2% REDUCED-FAT MILK
3 TBSP ALL-PURPOSE FLOUR
3 OZ 1/3-LESS-FAT CREAM CHEESE, SOFTENED
2 OZ PARMESAN CHEESE, GRATED AND DIVIDED (ABOUT 1/2 CUP)
1 OUNCE FONTINA CHEESE, SHREDDED (ABOUT 1/4 CUP)
1 OUNCE BLACK PEPPER
1 TSP GREEN PEAS, THAWED
2 C FROZEN CHOPPED FRESH PARSLEY
2 TBSP CHOPPED FRESH TARRAGON (OPTIONAL)
2 TBSP CHOPPED FRESH TARRAGON (OPTIONAL)
1/2 CUP WHOLE-WHEAT PANKO (JAPANESE BREAD CRUMBS)

COOKING SPRAY



TURKEY TETRAZZINI

- 01 Preheat oven to 350°.
- 02 Cook pasta according to package directions, omitting salt and fat. Drain. Place pasta in a large bowl.
- 03 Heat a large skillet over medium-high heat. Add 1 table-spoon oil to pan; swirl to coat. Add turkey; cook 2 minutes on each side or until done. Remove turkey from pan; cut into bite-sized pieces. Add turkey to pasta.
- 04 Return pan to medium-high heat. Add 2 tablespoons oil; swirl to coat. Add onion and celery; sauté 10 minutes. Add thyme and mushrooms; cook 15 minutes or until liquid evaporates. Add wine to pan; cook 4 minutes or until liquid evaporates, scraping pan to loosen browned bits. Stir in 1/4 teaspoon salt. Add mushroom mixture to pasta mixture.
- 05 Place pan over medium heat (do not wipe out pan). Combine milk and flour in a bowl, stirring with a whisk until smooth. Add milk mixture to pan; cook 3 minutes or until slightly thickened, stirring frequently. Stir in cream cheese, 1 ounce Parmesan, and fontina; cook 5 minutes. Stir in remaining 1 teaspoon salt and pepper. Stir milk mixture, peas, parsley, and tarragon, if desired, into pasta mixture. Divide pasta mixture between 2 (8-inch) square glass or ceramic baking dishes coated with cooking spray.
- 06 Combine remaining 2 teaspoons oil, remaining 1 ounce Parmesan, and panko in a bowl; sprinkle evenly over tops of dishes. Bake at 350° for 20 minutes or until browned and bubbly, or follow freezing instructions.