

Skillet Turkey Tetrazzini

Prep time: 20 minutes, Cook time: 30 minutes

- ½ pound whole wheat pasta, such as penne
- 1 bag (10 ounces) fresh spinach, large leaves, torn in half
- 1 tablespoon olive oil
- 1 pound turkey cutlets, cut in ¾" pieces
- 1 box (8 ounces) sliced mushrooms
- 1 small onion, finely chopped
- ¾ cup chicken broth
- ¾ cup 1% milk
- 2 tablespoons cornstarch
- ½ cup frozen peas
- ¾ cup freshly grated Parmesan cheese
- 2 tablespoons ground flaxseed

- Prepare the pasta according to package directions. Before draining, add the spinach and stir until wilted. Drain the pasta.
- In a large ovenproof skillet, heat the oil over medium-high heat. Add the turkey and cook, stirring frequently, for 3 to 4 minutes, or until no longer pink. Remove to a plate.
- Reduce the heat to medium-low and add the mushrooms and onion to the skillet. Cook, stirring frequently, for 5 minutes, or until softened. Add the chicken broth and bring to a boil.

- Preheat the broiler. In a small bowl, combine the milk and cornstarch. Stir until the cornstarch dissolves. Stir into the broth mixture. Add the peas and bring to a boil, stirring frequently. Reduce the heat and simmer for 3 minutes, stirring frequently. Stir $\frac{1}{2}$ cup of the cheese, turkey, and pasta into the sauce. Sprinkle with the flaxseed and remaining $\frac{1}{4}$ cup cheese. Broil for 2 to 3 minutes, or until the cheese melts.

Makes 6 servings

Per serving:

383 calories

28 g protein

39 g carbohydrates

14 g fat

70 mg cholesterol

480 mg sodium

8 g dietary fiber

Diet Exchanges:

1 vegetable

2 bread

3 $\frac{1}{2}$ meat

1 fat

Carb Choices:

3