



### NUTRITION PER SERVING:

|                     |        |
|---------------------|--------|
| <b>CALORIES</b>     | 486    |
| <b>PROTEIN</b>      | 33 G   |
| <b>CARBOHYDRATE</b> | 55 G   |
| <b>TOTAL FAT</b>    | 15.1 G |

|                   |            |
|-------------------|------------|
| <b>PREP TIME:</b> | 30 MINUTES |
| <b>COOK TIME:</b> | 50 MINUTES |

|                      |            |
|----------------------|------------|
| <b>YIELD:</b>        | 8 SERVINGS |
| <b>SERVING SIZE:</b> | 1.5 CUPS   |

### INGREDIENTS:

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