

Turkey Tetrazzini

From *Cooking Light*

This is a great recipe to make ahead and refrigerate; bake just before you're ready to serve it.

10 ounce uncooked vermicelli
2 teaspoons vegetable oil
1 pound turkey breast cutlets
3/4 teaspoon onion powder, divided
1/2 teaspoon salt, divided
1/4 teaspoon black pepper, divided
2 tablespoons dry sherry
2 (8-ounce) packages presliced mushrooms
3/4 cup frozen green peas, thawed
3/4 cup fat-free milk
2/3 cup fat-free sour cream
1/3 cup (about 1 1/2 ounces) grated fresh Parmesan cheese
1 (10 3/4-ounce) can reduced-fat cream of chicken soup (such as Healthy Choice)
Cooking spray
1/3 cup dry breadcrumbs
2 tablespoons butter, melted

Preheat oven to 450°.

Cook pasta according to package directions, omitting salt and fat. Drain.

Heat oil in a large nonstick skillet over medium-high heat. Sprinkle turkey with 1/2 teaspoon onion powder, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Add turkey to pan; cook 2 minutes on each side or until done. Remove turkey from pan.

Add 1/4 teaspoon onion powder, sherry, and mushrooms to pan. Cover and cook 4 minutes or until mushrooms are tender.

Combine peas, milk, sour cream, cheese, and soup in a large bowl. Chop turkey. Add 1/4 teaspoon salt, 1/8 teaspoon pepper, pasta, turkey, and mushroom mixture to soup mixture, tossing gently to combine. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.

Combine breadcrumbs and butter in a small dish, tossing to combine. Sprinkle breadcrumb mixture over pasta mixture. Bake at 450° for 12 minutes or until bubbly and thoroughly heated.

Yield: 6 servings (serving size: about 1 2/3 cups)

NUTRITION PER SERVING

CALORIES 459 (29% from fat); FAT 14.8g (sat 5.9g, mono 4.4g, poly 2.8g);
PROTEIN 30.5g; CARB 48.1g; FIBER 3.1g; CHOL 69mg; IRON 4mg; SODIUM
716mg; CALC 199mg;

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