Michele Sodon

TURKEY TETRAZZINI

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)
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1/2 CUP	WHOLE-WHEAT PANKO (JAPANESE BREAD CRUMBS)
COOKING SPRAY	

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 tablespoon 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.

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