



### 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.