

Holiday Recipes for Managing Diabetes

Turkey Tetrazzini

NUMBER OF SERVINGS:

6

SERVING SIZE:

1 cup

OVERVIEW:

Use that leftover holiday turkey in this creamy dish.

INGREDIENTS:

- 1 Tbsp low-calorie margarine
- 2 cups sliced mushrooms
- 2 Tbsp unbleached white flour
- 1 tsp paprika
- 2 cups evaporated skim milk
- 0.25 cup swiss cheese, grated low-fat
- 0.5 cup sliced scallions
- 0.25 cup diced red pepper
- 0.5 cup diced cooked turkey
- 1 Tbsp grated parmesan cheese
- 1 lb cooked thin spaghetti

INSTRUCTIONS:

1. Preheat the oven to 350 degrees F. Melt the margarine in a heavy skillet over medium-high heat. Add the mushrooms and saute for 5 minutes. Sprinkle the flour and paprika over the mushrooms. Add the milk and stir until thickened.



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NUTRITION:

Total Calories:	243
Calories from Fat:	37
Total Fat:	4 g
Saturated Fat:	2 g
Cholesterol:	19 mg
Sodium:	154 mg
Total Carbohydrates:	35 g
Dietary Fiber:	2 g
Sugars:	9 g

INSTRUCTIONS (Continued):

2. Add the remaining ingredients except the Parmesan cheese. Pour the mixture into a 2-quart casserole dish. Sprinkle with the Parmesan cheese. Bake for 15 minutes until bubbly.

