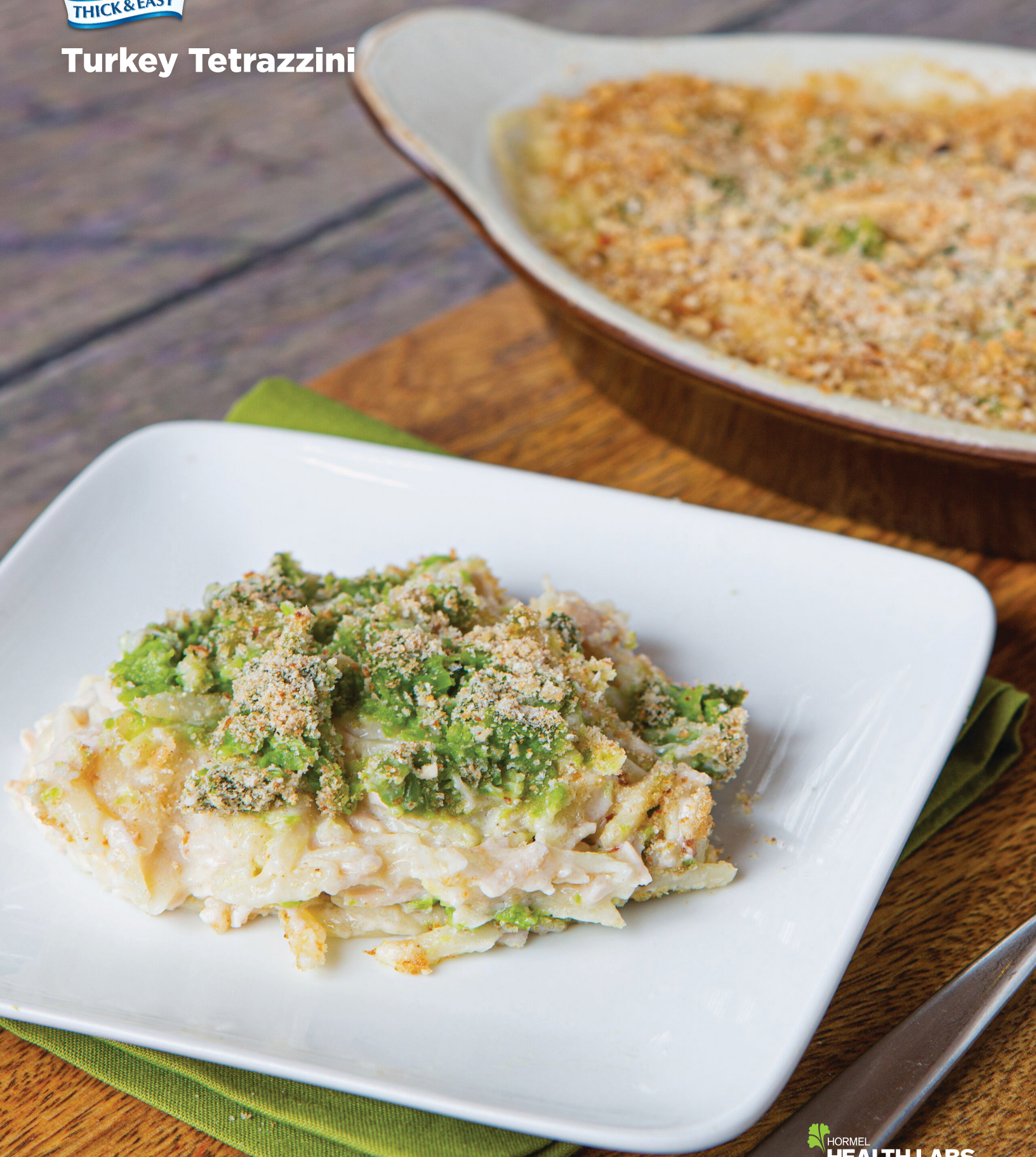




Turkey Tetrazzini





Turkey Tetrazzini

⌚ 45 - 60 MINS IDDSI LEVELS 5 6 7



INGREDIENTS

	1 Serving	6 Servings	12 Servings	NUTRITION
Butter	2 tsp	1/4 cup	1/2 cup	Serving Size: about 1 cup
Dried, minced onion	1/2 tsp	1 Tbsp	2 Tbsp	Calories: 490
Flour	1 tsp	2 Tbsp	1/4 cup	Total Fat: 26g
Chicken broth	1/3 cup	2 cups	4 cups	Saturated Fat: 15g
Heavy cream	3 Tbsp	1 cup	2 cups	Cholesterol: 105mg
Turkey, cooked, finely ground	1 1/2 oz cooked	9 oz cooked	1 lb. 2 oz. cooked	Sodium: 760mg
Orzo pasta, cooked	1/2 cup cooked	3 cups cooked	6 cups cooked	Total Carb: 42g
Salt & pepper	To taste	To taste	To taste	Dietary Fiber: 2g
Peas*	2 Tbsp	3/4 cup	1 1/2 cups	Sugars: 4g
Water	1 1/2 tsp	3 Tbsp	1/3 cup + 1 Tbsp	Added Sugars: 0g
Thick & Easy® Instant Food & Beverage Thickener	1/4 tsp	1 1/2 tsp	1 Tbsp	Protein: 21g
Breadcrumbs	2 tsp	1/4 cup	1/2 cup	Vitamin D: 4% DV
Parmesan cheese, grated	1/2 tsp	1 Tbsp	2 Tbsp	Calcium: 4% DV
				Iron: 15% DV
				Potassium: 6% DV

*For convenience, use THICK & EASY® Bulk Pureed Frozen Peas instead of manually thickening peas with water and thickener. (Use 2 Tbsp pureed peas per serving).

DIRECTIONS

- Melt butter in saucepan over medium heat. Add dried, minced onion and cook briefly until onion starts to soften.
- Add flour and stir well; continue stirring until mixture begins to boil.
- Stir in chicken broth and cream. Bring to boil and cook for 2 minutes, stirring frequently.
- Reduce heat and simmer for 3-4 minutes or until mixture starts to thicken, stirring occasionally.
- Season with salt and pepper to taste.
- Combine sauce with turkey and orzo; mix well.
- Pour into a casserole dish or pan(s) coated with cooking spray.
- Puree peas with water until smooth. Add THICK & EASY® Instant Food & Beverage Thickener and mix well. (or use THICK & EASY® Bulk Pureed Frozen Peas)
- Portion dollops of pureed peas over top of casserole in pan.
- Insert knife or spatula and pull through to gently swirl the mixture together.
- Mix together breadcrumbs and Parmesan cheese and sprinkle over top of tetrazzini.
- Cover and bake at 350°F for 20-30 minutes or until bubbly (internal temperature must be 165°F or higher)
- Hold hot for service at 135°F.
- Portion 1 cup per serving.