



Healthy Eating & Weight Loss

Turkey Noodle Casserole

- 2 cups cubed cooked turkey breast
- 2 cups low sodium chicken broth
- 1/4 pound wide nonfat egg noodles
- 2 cups mushrooms - thickly sliced
- 1 small onion, chopped
- 1 green bell pepper, seeded and chopped
- 1/4 cup chopped roasted red peppers
- 1 tbsp butter
- 2 tbsp flour
- 3-5 drops tabasco
- salt and pepper
- 1/2 cup plain dried bread crumbs
- 1/4 cup grated Parmesan cheese

Preheat oven to 350 degrees. Spray a shallow 2 quart casserole with nonstick spray. Cook noodles according to package directions. Drain, rinse and transfer to a large bowl.

Combine broth, mushrooms, onion and green pepper in a saucepan and bring to a boil. Reduce heat and simmer until veggies are tender, about 5 minutes. Drain the veggies, reserving the broth. Add veggies, turkey and roasted peppers to the noodles.

Melt butter in a saucepan. Stir in the flour and cook 1 minute. Whisk in the reserved broth, the tabasco and salt and pepper. Cook, stirring constantly until sauce boils and thickens, about 5 minutes. Add sauce to noodle mixture and toss to combine. Spoon into casserole and sprinkle with bread crumbs and parmesan. Bake until golden - about 40 minutes. Makes 6 servings.

261 calories per serving, 23 g protein

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