

TURKEY VEGETABLE ALFREDO

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 7 (Serving= 1 cup)

Nutrition (per serving)

Calories: 234

Total Fat: 4 g

Saturated Fat: 2 g

Sodium: 369 mg

Total Carbohydrate: 29 g

Dietary Fiber: 5 g

Protein: 21 g

Ingredients

- 2 cups uncooked whole wheat rotini (7 ounces) (choose gluten free for GF version)
- 2 cups frozen broccoli florets
- 1 cup frozen carrots
- 1 - 10 ¾ ounce can reduced-fat, low sodium, cream of mushroom soup (choose gluten free for GF version)
- ½ cup skim milk
- 1 - 4 ounce can mushroom pieces and stems, drained and rinsed
- ½ cup grated Parmesan cheese
- ¼ teaspoon freshly ground pepper
- 2 cups cubed cooked turkey



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Directions

1. Prepare rotini according to package directions. Add broccoli and carrots for last 4 minutes of cooking time. Drain.
2. In skillet mix soup, milk, mushrooms, cheese, pepper, and turkey. Add rotini and vegetable mixture and heat through, stirring often.