

# Turkey Cordon Bleu Casserole

*Tanya Abernathy - Yacolt, WA  
Taste of Home Most Requested Recipes*

## Servings: 8

2 cups uncooked elbow macaroni  
2 cans (10-3/4 ounce ea) cream of chicken soup  
3/4 cup 2% milk  
1/4 cup Parmesan cheese, grated  
1 teaspoon prepared mustard  
1 teaspoon paprika  
1/2 teaspoon dried rosemary, crushed  
1/4 teaspoon garlic powder  
1/8 teaspoon rubbed sage  
2 cups cooked turkey, cubed  
2 cups fully-cooked ham, cubed  
2 cups (8 ounces) part-skim mozzarella cheese, shredded  
1/4 cup Ritz crackers, crushed

## Preparation Time: 20 minutes

### Bake: 25 minutes

Preheat the oven to 350 degrees.

Cook the macaroni according to package directions.

In a large bowl, whisk the soup, milk, Parmesan, mustard, paprika, rosemary, garlic powder and sage. Stir in the turkey, ham and mozzarella.

Drain the macaroni. Add to the soup mixture. Toss to combine. Transfer to eight greased eight-ounce ramekins. Sprinkle with crushed crackers.

Bake, uncovered, for 25 to 30 minutes or until bubbly.

---

Per Serving (excluding unknown items): 113 Calories; 5g Fat (39.3% calories from fat); 13g Protein; 4g Carbohydrate; trace Dietary Fiber; 33mg Cholesterol; 337mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Turkey

## Per Serving Nutritional Analysis

Calories (kcal):	113	Vitamin B6 (mg):	.2mg
% Calories from Fat:	39.3%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	13.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	46.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	5mcg
Saturated Fat (g):	2g	Niacin (mg):	2mg

<b>Monounsaturated Fat (g):</b>	2g
<b>Polyunsaturated Fat (g):</b>	1g
<b>Cholesterol (mg):</b>	33mg
<b>Carbohydrate (g):</b>	4g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	13g
<b>Sodium (mg):</b>	337mg
<b>Potassium (mg):</b>	173mg
<b>Calcium (mg):</b>	81mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	1mg
<b>Vitamin A (i.u.):</b>	381IU
<b>Vitamin A (r.e.):</b>	50RE

<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	0.0%

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	1 1/2
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 113 Calories from Fat: 45

### % Daily Values\*

<b>Total Fat</b> 5g	7%
Saturated Fat 2g	9%
<b>Cholesterol</b> 33mg	11%
<b>Sodium</b> 337mg	14%
<b>Total Carbohydrates</b> 4g	1%
Dietary Fiber trace	1%
<b>Protein</b> 13g	
<b>Vitamin A</b>	8%
<b>Vitamin C</b>	1%
<b>Calcium</b>	8%
<b>Iron</b>	5%

\* Percent Daily Values are based on a 2000 calorie diet.