
Baked Penne with Turkey

The Essential Southern Living Cookbook

Servings: 10

Preparation Time: 18 minutes

Start to Finish Time: 1 hour 10 minutes

12 ounces uncooked penne
1 tablespoon olive oil
2 packages (8 ounce ea) sliced mushrooms
2 tablespoons dry sherry
1 cup chopped onion
2 teaspoons minced garlic
5 tablespoons all-purpose flour
3 cups organic vegetable broth
1 cup milk
1 tablespoon fresh thyme leaves
3/4 teaspoon table salt
1/2 teaspoon freshly ground black pepper
1/4 cup unsalted butter
4 cups cooked turkey breast, chopped
1 cup frozen petite green peas, thawed
4 ounces (one cup) grated fresh Parmesan cheese, divided
thyme leaves (for garnish) (optional)

Preheat the oven to 350 degrees.

Cook the pasta according to package directions, omitting salt and fat. Drain and return to the pan. Cover and keep warm.

Heat a large nonstick skillet over medium-high heat. Add the oil. Swirl to coat. Add the mushrooms. Cook, stirring occasionally, for 8 minutes or until browned and tender. Stir in the sherry, scraping the pan to loosen any browned bits. Cook for 1 minute or until the liquid evaporates. Remove the mushrooms from the pan. Add the onion and garlic to the pan. Saute' over medium heat for 4 minutes. Add one tablespoon of water. Cook for 1 minute or until tender, stirring constantly.

Place the flour in a large saucepan. Gradually add the vegetable broth, milk, thyme leaves, salt and pepper, stirring with a whisk until blended. Place over medium heat. Cook until thick (about 5 minutes), stirring constantly. Add the butter, stirring until melted. Add the sauce, mushrooms, onion mixture, turkey, peas and 1/2 cup of cheese to the pasta, stirring until the cheese melts. Pour the mixture into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Sprinkle with the remaining 1/2 cup of cheese.

Bake in the preheated oven, uncovered, until bubbly and thoroughly heated, about 25 minutes. Let stand for 5 minutes. Garnish with thyme, if desired.

Turkey

Per Serving (excluding unknown items): 206 Calories; 8g Fat (36.4% calories from fat); 25g Protein; 7g Carbohydrate; 1g Dietary Fiber; 79mg Cholesterol; 265mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.