# turkey and ham tetrazzini with peas and carrots





### APRON'S ADVICE

Unsalted water will come to a boil in less time than the same amount of salted water. If using salt to season pasta, add after water begins to boil.

### SHOPPING LIST

#### Dairy

1 tbsp butter 3/4 cup reduced-fat milk

# **Dry Grocery**

butter cooking spray
1/2 cup (12 crackers) chicken-flavored crackers
3 tbsp diced pimientos
1 tbsp grated Parmesan cheese
pinch ground nutmeg
large zip-top bag
8 oz (1/2 box) linguine
1 (10 3/4-oz) can reduced-sodium cream of chicken
soup
1 (10 3/4-oz) can reduced-sodium cream of
mushroom soup
1/4 tsp seasoned salt
1 (2 1/4-oz) can sliced black olives

#### Frozen

1 (16-oz) bag peas and carrots

#### Meat

1 (8-oz) package cooked ham chunks 12 oz fully-cooked oven roasted turkey breast

# Suggested Items

pumpkin pie buttermilk biscuits marshmallow delight





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### **COOKING SEQUENCE**

- Prepare tetrazzini and begin to broil 20 minutes
- Prepare vegetables, complete tetrazzini and serve 10 minutes

# turkey and ham tetrazzini

#### INGREDIENTS

1 (10 3/4-ounce) can reduced-sodium cream of chicken soup

1 (10 3/4-ounce) can reduced-sodium cream of mushroom soup

3/4 cup reduced fat milk

3 tablespoons diced pimientos (undrained)

1 (2 1/4-ounce) can sliced black olives (drained)

1/4 teaspoon black pepper pinch ground nutmeg

12 ounces fully-cooked oven roasted turkey breast

1 (8-ounce) package cooked ham chunks

8 ounces linguine (1/2 box)

1/2 cup chicken flavored crackers (about 12 crackers)

large zip-top bag butter cooking spray

1 tablespoon grated Parmesan cheese

#### STEPS

1. Place oven rack 10-12 inches from broiler, then preheat oven on broil. Fill large saucepan 1/2 full of water. Cover and bring to a boil on high heat for pasta. 2. Stir together in a microwave-safe bowl: soups, milk, pimientos, olives, pepper and nutmeg. 3. Dice turkey into bite-size pieces and add to soup mixture. Stir in ham, cover and microwave on high 6-7 minutes, or until fully heated. 4. Break pasta into 2-inch strips while adding to boiling water. Bring back to boil and boil 7-10 minutes, or until desired doneness, stirring occasionally. 5. Place crackers in zip-top bag and crush. 6. Drain pasta (do not rinse) and add to soup mixture, mixing thoroughly. 7. Spray 8-inch square baking dish with cooking spray. Spread Tetrazzini in dish and sprinkle with crackers and cheese. 8. Broil 1 minute, or until golden brown. Note: Leaving the Tetrazzini in the oven over 1 minute may result in burning. 9. Remove from oven and let stand 8-10 minutes before serving.

# peas and carrots

## INGREDIENTS

1 (16-ounce) bag frozen peas and carrots 1 tablespoon butter 1/4 teaspoon seasoned salt

## STEPS

1. Place vegetables in microwave-safe bowl. 2. Cover and microwave on high 6-8 minutes, stirring halfway through cook time. 3. Drain any excess water. 4. Stir in butter and seasoned salt. Serve.

Calories 653kcal; Fat 17g; Cholesterol 95mg; Carbohydrate 81g; Fiber 6g; Protein 43g; Sodium 2713mg Vitamin A 81%; Vitamin C 29%: Calcium 17%: Iron 25%