Turkey Stroganoff



Recipe photo may include ingredients that are not a part of this recipe and not included in the nutrition information.

Ingredients

- Egg noodles (6 oz)
- Turkey breast (freshly roasted, cut into 2 x ½" strips)
- Kosher Salt (1/8 tsp)
- Freshly ground black pepper (½ tsp)
- Portabello mushrooms (4 ounces each) (2 whole)
- Small yellow onion (thinly sliced) (1 small)
- Butter (1 tbsp)
- All-purpose flour (1 ½ tbsp)
- Beef broth (reduced-sodium) (1 ½ cup)
- Plain Nonfat Greek yogurt (½ cup)
- Dijon Mustard (1 ½ tsp)

Directions

- Cook noodles according to package directions.
- Sprinkle turkey strips with salt and pepper; toss to coat.
- Remove and discard stems from mushrooms.
- Thinly slice onions & mushrooms, set aside.
- Meanwhile, lightly coat large nonstick skillet with nonstick cooking spray and set over medium-high heat.
- Saute onion 2 minutes.
- Add mushrooms and saute until mushrooms are tender, about 5-6 minutes.
- Transfer to large bowl.
- Melt butter in skillet over medium heat.
- Add flour and cook for 1 minute, continuously stirring. Gradually whisk in broth.
- Cook until sauce thickens and boils, about 4 minutes.
- Reduce heat to low.
- Whisk in Greek yogurt and mustard. Return turkey and reserved vegetables with accumulated juices to skillet.
- Cook until heated through (do not boil).
- Divide noodles among plates and spoon stroganoff on top.

Nutritional Information

Calories..... 290
Total Fat..... 5g
Saturated Fat..... 2g
Sodium..... 290mg
Total Carbohydrate..... 26g
Dietary Fiber..... 1g
Protein..... 33g

Serving Size..... 3 oz. turkey + ⅔ cup mushroom and noodle mixture
Recipe Yields..... 6 servings

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Adapted from Diabetes Food Hub