

Turkey and Mushroom Stroganoff

This recipe serves: 4

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients

1 pound turkey cutlets, sliced into thin, 1-inch strips
salt to taste
freshly ground black pepper
2 tablespoons olive oil
1 medium onion, sliced
2 cloves garlic, minced
1 pound fresh mushrooms, sliced (or two 6-ounce cans low-salt)
1 cup non-fat sour cream
1/2 cup chopped tomatoes, canned or fresh
1 tablespoon Worcestershire sauce
1/4 teaspoon hot sauce, such as Tabasco
2 cups cooked, hot egg noodles

Cooking Instructions

1. Season the turkey strips with salt and pepper. Heat the olive oil in a large skillet over high heat. Add the turkey and brown on all sides, about 6 to 7 minutes total. Set the turkey on a plate and keep warm.
2. Reduce the heat to medium and add the onion. Season lightly with salt and pepper and cook, stirring occasionally, until the onions begin to soften, about 5 minutes. Add the mushrooms and cook until they are soft, about 7 more minutes. Add the garlic and cook for 1 minute more.
3. Add the sour cream, tomatoes, Worcestershire and hot sauces. Combine well and heat thoroughly. Add the turkey and any juices. Taste and adjust the salt and pepper.
4. Divide the egg noodles among 4 plates so that they form a small ring on the plate. Spoon the stroganoff mixture into the center of each ring and serve.

Nutrition Facts

Serving Size 1 plate with noodles

Amount Per Serving

Calories 467

Total Fat 16 g

Saturated Fat 3 g

Protein 36 g

Total Carbohydrate 43 g

Dietary Fiber 3 g

Sodium 462 mg

Percent Calories from Fat 32%

Percent Calories from Protein 31%

Percent Calories from Carbohydrate 37%