

Turkey Stroganoff

This recipe is a good source of iron, which carries oxygen in our blood.

Ingredients:

- 2 teaspoons **vegetable oil**
- 1 small **onion**, chopped
- 1-2 cloves **garlic**, minced
- 2 cups cooked **turkey**, 1/2" cubed
- 2 cups **water**
- 1 cup **low fat milk**
- 1 (10 3/4-ounce) can **cream of mushroom soup**
- 1 (10-ounce) package frozen **peas**
- 2 cups dry **macaroni**
- 2 teaspoons **dill weed**
- 1/4 teaspoon **black pepper**
- 1 cup **corn flakes**
- 1/4 teaspoon **garlic powder**
- 1/2 cup nonfat **sour cream**

Directions:

1. Heat oil in a large skillet over medium-high heat and sauté onions until transparent, add garlic and cook briefly, about 30 seconds.
2. Add turkey, water, milk, soup, and peas; bring to a boil.
3. Add macaroni, dill, and pepper; stir to combine.
4. Cover pan, reduce heat to low (225 degrees) and cook 10-15 minutes until pasta is tender. Stir occasionally to prevent sticking.
5. While mixture is cooking, crush corn flakes in small bowl, mix in garlic powder and set aside.
6. Just before serving, stir in sour cream and top with cornflake mixture.
7. Refrigerate leftovers within 2-3 hours.

Bright Ideas:

Nutrition Facts			
Serving Size 1 cup (262g)			
Servings Per Container 8			
Amount Per Serving			
Calories 280	Calories from Fat 50		
% Daily Value*			
Total Fat 6g			9%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 30mg			10%
Sodium 410mg			17%
Total Carbohydrate 37g			12%
Dietary Fiber 3g			12%
Sugars 7g			
Protein 19g			
Vitamin A 20%	•	Vitamin C 15%	
Calcium 10%	•	Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

8 servings, 1 cup each

Source: Oregon State University Extension Service, Multnomah County. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>