

Turkey Divine

This is a hybrid dish--somewhere between turkey divan, which has broccoli and hollandaise sauce, and turkey tetrazzini, which doesn't. Evaporated skim milk is a good stand-in for cream in a modified white sauce. The red pepper makes it divine.

Ingredients

- 8 ounces dry linguine
- 1 tablespoon butter
- 1 tablespoon flour
- 1 can low-sodium chicken broth
- 1 (5-ounce) can evaporated skim milk
- 1 tablespoon chopped parsley (dried is OK)
- 2 cups cooked turkey, cut into bite-sized pieces
- 2 cups broccoli, chopped
- 1/2 cup red bell pepper, chopped
- 2 cups mushrooms, sliced (if they're large, cut in half and then slice)
- 1/2 cup grated Parmesan cheese

Directions

Break linguine in half and cook according to package directions. Set aside.

Preheat oven to 350°F. In a saucepan, melt butter over medium heat and stir in flour. Add chicken broth slowly, stirring to keep flour smooth. Keep stirring while cooking until sauce begins to thicken. Remove from heat and stir in evaporated skim milk and parsley.

In a shallow baking dish (about 13 by 9 inches), combine turkey, broccoli, red bell pepper, and mushrooms with linguine. Add sauce and stir. Sprinkle top with grated Parmesan cheese.

Bake at 350°F degrees for 30 to 40 minutes or until thoroughly heated.

Serves 4