

LYONS
THICK
& EASY®

Turkey Tetrazzini





Turkey Tetrazzini

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INGREDIENTS

	2 Serving	6 Servings	12 Servings
Butter	1 1/2 Tbsp	1/4 cup	1/2 cup
Dried, minced onion	1 tsp	1 Tbsp	2 Tbsp
Flour	2 tsp	2 Tbsp	1/4 cup
Chicken broth	2/3 cup	2 cups	4 cups
Heavy cream	1/3 cup	1 cup	2 cups
Turkey, cooked, finely ground	3 oz (cooked)	9 oz (cooked)	1 lb 2 oz (cooked)
Orzo pasta, cooked	1 cup (cooked)	3 cups (cooked)	6 cups (cooked)
Salt & pepper	To taste	To taste	To taste
Peas*	1/4 cup	3/4 cups	1 1/2 cups
Water	1 Tbsp	3 Tbsp	1/3 cup + 1 Tbsp
THICK & EASY® Instant Food and Beverage Thickener Item: 17938	1/2 tsp	1 1/2 tsp	1 Tbsp
Breadcrumbs	1 1/2 Tbsp	1/4 cup	1/2 cup
Parmesan cheese (grated)	1 tsp	1 Tbsp	2 Tbsp

*For convenience, use **THICK & EASY® Bulk Pureed Frozen Peas** instead of manually thickening peas with water and thickener. (Use 2 Tbsp of pureed peas per serving).

NUTRITION

Serving Size: About 1 cup
Calories: 490
Total Fat: 26g
Saturated Fat: 15g
Trans Fat: 1g
Cholesterol: 105mg
Sodium: 760mg
Total Carbs: 42g
Dietary Fiber: 2g
Total Sugars: 4g
Added Sugars: 0g
Protein: 21g
Vitamin D: 4% DV
Calcium: 4% DV
Iron: 15% DV
Potassium: 6% DV

DIRECTIONS

1. Melt butter in saucepan over medium heat. Add dried, minced onion and cook briefly until onion starts to soften.
2. Add flour and stir well; continue stirring until mixture begins to boil.
3. Stir in chicken broth and cream. Bring to boil and cook for 2 minutes, stirring frequently.
4. Reduce heat and simmer for 3-4 minutes or until mixture starts to thicken, stirring occasionally.
5. Season with salt and pepper to taste.
6. Combine sauce with turkey and orzo; mix well.
7. Pour into a casserole dish or pan(s) coated with cooking spray.
8. Puree peas with water until smooth. Add **THICK & EASY® Instant Food & Beverage Thickener** and mix well. (or use **THICK & EASY® Bulk Pureed Frozen Peas**)
9. Portion dollops of pureed peas over top of casserole in pan.
10. Insert knife or spatula and pull through to gently swirl the mixture together.
11. Mix together breadcrumbs and parmesan cheese and sprinkle over top of tetrazzini.
12. Cover and bake at 350°F for 20-30 minutes or until bubbly (internal temperature must be 165°F or higher)
13. Hold hot for service at 135°F.
14. Portion 1 cup per serving.