

Greek Turkey and Vegetable Fettuccine

Entrée

Serves 4

Prep time: 15 minutes

Cook time: 20 minutes

This aromatic pasta dish tastes as good as it smells! Make it a meal with a green salad and a cold glass of milk.

Ingredients

- 1/4 cup olive oil
- 1/2 cup lemon juice
- 2 teaspoons crushed oregano
- 1/2 teaspoon cinnamon
- 1 pound boneless, skinless turkey or chicken breasts, cubed
- 4 1/2 cups vegetables, diced (any combination of peppers, broccoli, zucchini, carrots, spinach, tomatoes)
- 4 cups cooked fettuccine noodles (about 8 ounces)
- 1/2 cup fat-free sour cream
- 1/4 cup Parmesan cheese

Preparation

Combine oil, lemon juice, oregano and cinnamon. Pour over meat and marinate 10 minutes. Drain and reserve marinade.

Heat a large non-stick skillet over medium heat. Add turkey and sauté until lightly brown. Add vegetables and cook until just tender, about 3-5 minutes. Pour in reserved marinade and simmer for 2-3 minutes. Remove from heat and stir in sour cream and parmesan cheese. Spoon the turkey, vegetables and sauce over the pasta.

Nutrition Information

Per serving: 445 calories, 17 g total fat, 3 g saturated fat, 240 mg sodium, 35 g carbohydrates, 4 g fiber, 34 g protein, 150 mg calcium

Provided by:
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