

CREAMY TURKEY AND POTATO CASSEROLE WITH SPINACH

DIRECTIONS

- 1 Preheat oven to 350° F.
- 2 Place a medium size skillet on the stove and turn to medium heat. Add the canola or olive oil to skillet. Brown ground turkey breast, stirring frequently.
- 3 In a medium size mixing bowl, combine cream of mushroom soup, onion, chopped spinach, milk, salt and pepper to taste.
- 4 Prepare a 11 x 7 inch (2 quart) casserole/baking dish. Layer half of the potatoes, half of the soup mixture and half of the ground turkey. Repeat with a second layer (potatoes, soup mixture and ground turkey.)
- 5 Place pan, uncovered, in preheated oven and bake for 1-1 1/2 hours, or until potatoes are tender.
- 6 Top with cheddar cheese, and continue baking 5-10 minutes or until cheese is melted.



YIELD 6 SERVINGS

INGREDIENTS

- 1 Tbsp. canola or olive oil
- 1 pound extra lean ground turkey breast
- 1 (10-12 oz. can or box) condensed cream of mushroom soup (Try Amy's or Organic Pacific brands)
- 1/2 cup onion, chopped
- 1 cup fresh spinach, chopped
- 3/4 cup milk or milk alternative
- 1 1/2 cups Yukon Gold potatoes, peeled and thinly sliced
- 1 1/2 cups sweet potatoes, peeled and thinly sliced
- Sea salt to taste
- Freshly ground pepper, to taste
- 1 cup cheddar cheese, shredded (optional)

CALORIES

FAT

SODIUM

CARBOHYDRATE

DIETARY FIBER

PROTEIN

375

18G

580MG

34G

4G

23G