

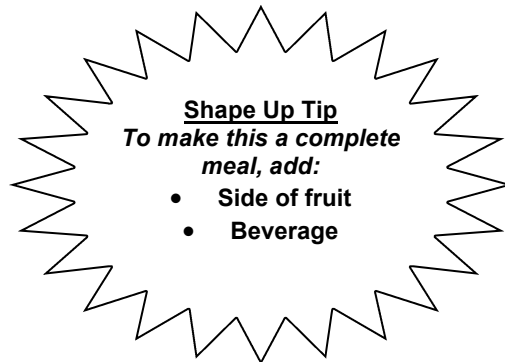
Grab 'n' Go Dinner for Tonight

Turkey Florentine Casserole
Serves: 6

Ingredients	Aisle #
8 oz whole wheat linguine or spaghetti	Aisle 2
1-10oz pkg frozen chopped spinach	Frozen Sect. 2 Tbsp
Lemon juice	Aisle 4
1 tsp dried thyme leaves	Aisle 5
1 Tbsp olive oil	Aisle 5
2 cloves garlic, minced	Produce
1/2 cup finely chopped onion	Produce
1 cup coarsely chopped red bell pepper	Produce
2 Tbsp all-purpose flour	Aisle 5
1 14.5 oz can of low-sodium, fat-free chicken broth	Aisle 3
4 cups chopped or shredded cooked turkey	Meat Dept
1/4 cup shredded Parmesan cheese	Aisle 2
Salt and pepper to taste (optional)	

- 1) Spray a 9" x 13" baking dish with nonstick cooking spray; preheat oven to 400 degrees.
- 2) Prepare pasta according to package directions, but without any added salt or oil; drain well and place in prepared baking dish.
- 3) Cook spinach in a large nonstick skillet over medium-high heat until heated through (do not overcook; should be bright green). Remove spinach from pan and drain well. Toss with lemon juice and layer in pan over cooked pasta.
- 4) In same skillet, heat thyme with olive oil, garlic, onion, and red bell pepper; sauté until onion is transparent. Stir in flour and mix until sauce thickens.
- 5) Add turkey to pan and stir to combine. Pour turkey mixture over spinach and pasta in baking dish; sprinkle with Parmesan cheese. Bake at 400 degrees, uncovered, for 20 minutes or until piping hot.

Turkey Florentine Casserole		
Servings Per Meal (6)		
Amount Per Serving		
Calories 319		
		% Daily Value*
Total Fat 8g		12%
Saturated Fat 1g		5%
Cholesterol 3mg		1%
Sodium 709mg		30%
Total Carbohydrate 37g		12%
Dietary Fiber 5g		20%
Sugars 4g		
Protein 27g		
*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	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		



Tonight's Grab 'n' Go Dinner
Cost per serving: \$1.83

To find the Grab 'n' Go dinner recipe ingredients look for this logo throughout the store.



All ingredients will be marked with the Shape Up Kittitas County logo.