

Healthy Choice Recipes

Turkey-n-Stuffing Pie

Makes 8 serving(s)

WHAT'S IN IT?

Sauce:

- 2 tablespoons butter
- 2 tablespoons all-purpose, unbleached flour
- 1 (12 fluid ounce) can fat-free evaporated milk
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon onion powder
- 2 cups (11 ounces) cooked, diced turkey breast meat
- 3/4 cup (3 ounces) shredded sharp cheddar cheese
- 2 cups leftover mashed potatoes*
- 1/4 cup finely chopped green onions (optional)
- 2 tablespoons butter, melted
- 1 1/2 cups herb seasoned dry bread stuffing, finely crushed in blender

* TIP: If you don't have any leftover mashed potatoes, you can use instant mashed potatoes instead. Just follow the directions on the box for making 2 cups.

STUFF YOU NEED

This is a family recipe. Kids and Parents: you'll need each other to make it!

HOW TO PUT IT TOGETHER

1. For Kids: Preheat the oven to 375° F.
2. To make Sauce: Melt 2 tablespoons butter in a saucepan over low heat. Add flour and whisk until mixed. Very slowly whisk in evaporated milk, then season with salt, pepper and onion powder. Stir over low heat for 5 minutes; remove from heat.
3. For Kids: Scatter turkey in a nonstick 9" round cake pan coated with nonstick spray.
4. Pour the sauce over the turkey.
5. For Kids: Sprinkle cheddar cheese and, if using, green onions, over the turkey and sauce.
6. Dollop mashed potatoes over cheese by heaping tablespoons. Spread potatoes carefully with a rubber (or silicone) spatula so entire surface is covered.
7. In a small bowl, stir melted butter into the crushed stuffing mix.
8. For Kids: Sprinkle the stuffing mixture evenly over the top of the potatoes. Pat it down with your fingers. Be gentle!
9. Bake, uncovered, in the preheated oven for 40 minutes. Let sit for 10 minutes before scooping out portions

WHY IT'S GOOD FOR YOU

Per serving:

250 Calories, 10 g Total Fat, 6 g Saturated Fat, 40 mg Cholesterol, 1030 mg Sodium, 27 g Total Carbohydrates, 2 g Dietary Fiber, 8 g Sugars, 14 g Protein, 10% Vitamin A, 6% Vitamin C, 25% Calcium, 6% Iron

