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Sage and Cream Turkey Fettuccine

Total Time: 30 mins

Ingredients

- ❖ 3 ounce(s) pasta, spinach fettuccine
- ❖ 1/3 cup(s) sour cream, light or fat-free
- ❖ 2 teaspoon flour, all-purpose
- ❖ 1/4 cup(s) broth, reduced-sodium chicken
- ❖ 1 teaspoon sage
- ❖ 1/8 teaspoon pepper, black ground
- ❖ cooking spray
- ❖ 6 ounce(s) turkey, breast tenderloin steaks, cut into bite-size strips
- ❖ 1/4 teaspoon salt
- ❖ 1 cup(s) mushrooms, fresh, sliced
- ❖ 2 scallion(s) (green onions), sliced
- ❖ 1 clove(s) garlic, minced
- ❖ sage, fresh

Preparation

1. Cook pasta according to package directions; drain and set aside.
2. Meanwhile, in a small bowl, stir together sour cream and flour until smooth. Gradually stir in broth until smooth. Stir in snipped or dried sage and pepper; set aside.
3. Coat an unheated 8-inch skillet with nonstick cooking spray. Preheat over medium-high heat. Sprinkle turkey with salt. Add turkey, mushrooms, green onions, and garlic to hot skillet. Cook and stir about 3 minutes or until turkey is no longer pink.
4. Stir sour cream mixture into turkey mixture in skillet. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Serve turkey mixture over hot cooked pasta. If desired, garnish with sage sprigs.

