

# Easy Cheesy Turkey Enchiladas

Recipe sourced: National Turkey Federation, Serves 10

## Ingredients

1 C light sour cream

1 C light ranch dressing

1 Pound cooked turkey, cubed

10 Flour tortillas (8 inch)

8 Ounces Monterey Jack Cheese, Shredded

1 Pint refrigerated salsa

2 Ripe tomatoes, diced

1 Small bunch red-leaf lettuce, thinly sliced

Nonstick vegetable cooking spray

1. Preheat oven to 375 degrees F. Coat 9" x 13" baking pan with nonstick cooking spray.
2. In a small bowl, mix sour cream and ranch dressing.
3. Into medium bowl, place 1 cup sour cream mixture, add turkey and stir.
4. With the remaining sour cream mixture, spread 1 tablespoon on each tortilla.
5. Top with 1/3 cup turkey mixture, 2 tablespoons cheese and 2 tablespoons salsa.
6. Roll up tortilla and place seam side down in baking pan. Bake, covered, 25 to 30 minutes.
7. To serve, top with tomatoes, lettuce, and any remaining salsa and sour cream mixture.

## Fruited Turkey Salad

Recipe source: [tasteofhome.com](http://tasteofhome.com), 25 minute prep time

Serves 4

- 1 medium apple, diced
- 1 ¼ Cup cubed cooked turkey
- 1 can (8 oz) unsweetened pineapple chunks, drained
- 1 Cup halved seedless grapes
- ¼ Cup fat-free cream cheese
- 2 Tablespoons reduced fat sour cream
- 1 Tablespoon lemon juice
- 1 Tablespoon reduced fat mayonnaise

In a serving bowl, combine the apple, turkey, pineapple, and grapes. In another bowl, beat the cream cheese until smooth. Add the sour cream, mayonnaise, and lemon juice. Fold into the turkey mixture. Serve immediately or refrigerate.

Per serving: 182 calories, 5 g fat, 16 g protein, 2 g fiber

# Turkey Tetrazzini

Recipe source: Iowa Turkey Federation, Serves 4

## Ingredients

2 Tablespoons cornstarch

1 ¼ Cups skim milk

¾ Cup turkey broth or chicken bouillon

½ Teaspoon salt

½ Teaspoon garlic powder

1/8 Teaspoon pepper

¼ Cup grated parmesan cheese

2 Tablespoons dry white wine

1 Can (4 oz) sliced mushrooms, drained

1 Jar (2 oz) chopped pimento, drained

4 oz spaghetti noodles, cooked according to package directions

2 Cups cooked turkey, cut into ½ inch cubes

2 Tablespoons sliced almonds

Nonstick vegetable cooking spray

1. Preheat oven to 375 degrees F.
2. Coat 9" square baking dish with nonstick cooking spray.
3. In 3-quart saucepan, over medium heat, combine cornstarch, milk, turkey broth, salt, garlic powder, and pepper. Bring mixture to boil, stirring constantly.
4. Remove from heat and stir in parmesan cheese, wine, mushrooms, pimento, spaghetti noodles and turkey.
5. Spoon turkey mixture into dish and top with almonds.
6. Bake 25 minutes or until mixture bubbles and top browns.