

## SLOW-COOKER TURKEY STROGANOFF

We've boosted the vegetables and swapped out the beef, but you'll find this satisfying stew hasn't lost anything in translation. If you can't find bone-in split turkey breast, try it with bone-in chicken breasts. Either way, you'll cook it whole, remove and chop it, then return it to the sauce just before serving.

- 8 cups sliced mixed mushrooms (about 20 ounces)
- 3 medium carrots, sliced
- 1 small onion, finely chopped
- 1 3- to 4-pound split turkey breast, skin removed, trimmed
- 1 cup reduced-fat sour cream
- 1/3 cup all-purpose flour
- 1/4 cup dry sherry
- 1 cup frozen peas, thawed
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 8 ounces whole-wheat egg noodles (6 cups dry), cooked
- 1/4 cup finely chopped flat-leaf parsley

1. Combine mushrooms, carrots and onion in a 5- to 6-quart slow cooker. Add turkey, meat-side down. Cover and cook on High for 4 hours (or on Low for 8 hours).

2. Transfer the turkey to a cutting board.

3. Whisk sour cream, flour and sherry in a bowl. Stir into the slow cooker along with peas, salt and pepper. Cover and cook on High until thickened, about 15 minutes.

4. Remove the turkey from the bone and cut into bite-size pieces; cover to keep warm. When the sauce is done, gently stir in the turkey. Serve over noodles, sprinkled with parsley.

**SERVES 6:** 1 1/3 CUPS STEW & 1 CUP NOODLES EACH

**Calories** 437, **Fat** 6g (sat 3g), **Cholesterol** 110mg, **Carbs** 43g, **Total sugars** 6g (added 0g), **Protein** 46g, **Fiber** 7g, **Sodium** 526mg, **Potassium** 865mg.

**ACTIVE:** 30 MINUTES

**SLOW-COOKER TIME:**

4 1/4-8 1/4 HOURS

**TO PREP AHEAD:** Prep vegetables and turkey; cover and refrigerate separately for up to 1 day.

**EQUIPMENT:** 5- to 6-quart slow cooker

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 HIGH PROTEIN

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 HIGH FIBER

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 SORE MOUTH OR THROAT

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**INSTEAD OF NOODLES,** serve over mashed potatoes or with toasted whole-grain country bread.

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