

DINNER

Turkey Tetrazzini

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	25 min	25 min	6	\$1.02	582 kcal



Turkey Tetrazzini might be just the main course you are searching for. This recipe makes 6 servings with 582 calories, 30g of protein, and 21g of fat each. For \$1.02 per serving, this recipe covers 21% of your daily requirements of vitamins and minerals. It is brought to you by Allrecipes.

Ingredients

- ☐ 16 ounce packages angel hair pasta
- ☐ 4½ ounce sliced mushrooms
canned
- ☐ ¼ teaspoon ground mustard
- ☐ 2 cups milk
- ☐ ½ teaspoon poultry seasoning
- ☐ 1 cup shredded sharp Cheddar cheese, divided
- ☐ ¼ cup butter
- ☐ ¼ cup all-purpose flour
- ☐ ¼ teaspoon ground white pepper
- ☐ 2/3 cup sliced onion
- ☐ 1 teaspoon salt
- ☐ 1 pound cooked turkey, sliced

Method

- 1 Preheat the oven to 400 degrees F (200 degrees C). Bring a large pot of lightly salted water to a boil.
- 2 Add the pasta and cook for 4 minutes, or until almost tender.
- 3 Drain.
- 4 Melt the butter in a saucepan over medium heat.
- 5 Add the onion; cook and stir until tender. Stir in the flour until blended, then gradually stir in the milk so that no lumps form. Season with salt, pepper, poultry seasoning and mustard. Cook over medium heat, stirring constantly until the mixture thickens.
- 6 Remove from the heat and add 2/3 cup cheese and pimento, stirring until cheese melts.
- 7 Add undrained mushrooms to cheese sauce.
- 8 Place a layer of pasta in the bottom of a 9x13 inch baking dish. Cover with a layer of turkey, and then a layer of cheese sauce. Repeat the layers.
- 9 Sprinkle remaining 1/3 cup cheese over top.
- 10 Bake for about 25 minutes in the preheated oven, until sauce is bubbly and cheese on top is toasted.

Nutrition per serving

582	30 g	21 g	68 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			11 g · 69% of daily needs
Fibre			3.4 g · 14% of daily needs
Sugar			7.3 g · 8% of daily needs
Sodium			758 mg · 33% of daily needs
Cholesterol			87.6 mg · 29% of daily needs
Vitamin C			1.4 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/turkey-tetrazzini-148333