

Turkey and Artichoke Casserole

(Makes 4 Servings)

Ingredients

- 1 pound lean ground turkey
- 1/2 cup sliced mushrooms
- 1/4 cup chopped onion
- 1 clove garlic, minced
- 1 can (14 ounces) artichoke hearts, drained, rinsed, and chopped
- 1/2 cup dry bread crumbs
- 1/4 cup (1 ounce) grated Parmesan cheese
- 1 tablespoon chopped fresh rosemary leaves *or* 1 teaspoon dried rosemary
- 1 1/2 teaspoons chopped fresh basil **OR** 1/2 teaspoon dried basil
- Black pepper
- 3 egg whites



Directions

- Preheat oven to 400°F. Spray 1-quart casserole with nonstick cooking spray.
- Brown beef 6 to 8 minutes in medium skillet over medium-high heat, stirring to break up meat. Drain fat, rinse meat. Add mushrooms, onion, and garlic; cook and stir 5 minutes or until tender.
- Combine ground turkey mixture, artichokes, bread crumbs, cheese, rosemary, and basil; gently mix. Season with pepper
- Beat egg whites in medium bowl with electric mixer at high speed until stiff peaks form; fold into ground beef mixture. Spoon into prepared c asserole.
- Bake 20 minutes or until edges are lightly browned.

Yield: 4 servings. **Serving size:** 1/4 total recipe.

Nutrition Facts Per Serving:

267 calories

24 g protein

23 g carbohydrate

9 g fat

3 g saturated fat