



# TURKEY SPINACH CASSEROLE



## INGREDIENTS:

- 1lb 97/3 ground turkey
- 1 medium onion
- 1/4 tsp cumin
- 1/4 tsp salt & pepper
- 1 cup chopped mushrooms
- 1/2 cup low sodium broth
- 1 tbsp whole wheat flour
- 2 cups cooked spinach (~4-5 cups raw)
- 1/2 cup egg whites
- 4 oz reduced fat shredded cheese

## DIRECTIONS:

- 1) Preheat oven to 350 F
- 2) Chop onion and mushrooms, set mushrooms aside
- 3) Heat a medium pan on medium-high heat, spray with cooking oil
- 4) Add onion to the hot pan, cook until translucent
- 5) Add turkey, cumin, salt, and pepper. Mix and cook until the turkey is fully cooked
- 6) Add mushrooms, broth, and flour to the turkey mixture
- 7) Cook until mixture thickens
- 8) Add the turkey mixture to a 8x8 casserole dish
- 9) Lightly saute or microwave spinach so it reduces to half its volume
- 10) Spread cooked spinach over the turkey mixture and pour the egg whites over the spinach. Finally top the casserole with cheese
- 11) Bake for 15-20 minutes. Broil for 2-5 minutes or until cheese starts to brown
- 12) Split into 4 equal servings

Enjoy!

Makes 4 Serving | Macros for 1 Serving  
Calories: 376 | Protein: 35 g | Carbs: 10 g | Fat: 16 g | Fiber: 3 g