



Keto Turkey Tetrazzini

Active Time: 45 minutes | Total Time: 1.5 hours | Serves: 6

Nutrition Information Per Serving

395.6 calories, 7.28 g carbohydrate, 1.37 g fiber, 5.91 g NET carbs, 18 g protein, 33.38 g fat

Ingredients

- 3/4 pound(s) pasture-raised turkey breast, cubed
- 3 Tbsp(s) grass-fed butter
- 3 medium(s) organic zucchini
- 1 1/2 cup(s) organic heavy cream
- 2 ounce(s) organic mozzarella cheese
- 2 clove(s) garlic, minced
- 1/2 small(s) white onion, diced
- 2 cup(s) crimini mushrooms, sliced
- 1 tsp sea salt

Preparation

1. First, spiralize the zucchini using a spiralizer. Place zoodles on paper towels and sprinkle with 1/4 tsp. sea salt. Let stand for 20 minutes to sweat.
2. Preheat oven to 400 F. Grease a 9 x 13 baking dish.
3. Add butter to a saucepan over medium heat. When melted, add the garlic and onion and cook, stirring for 2 minutes. Add the mushrooms and cook, stirring for 3 minutes.
4. Add the diced turkey and remaining salt; increase the heat to medium-high. Cook, stirring for 4 minutes.
5. Add the heavy cream and bring to a boil. Turn heat down and simmer for 2-4 minutes to thicken.
6. Blot zoodles dry and place evenly in the bottom of the casserole dish.
7. Pour turkey sauce over the noodles, smoothing to distribute evenly.
8. Top with mozzarella cheese and bake 35-40 minutes.

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