

PREPARATION: 20 MINUTES

COOKING: 20 MINUTES

4 SERVINGS



TURKEY SCALOPPINE WITH GREEN BEAN ORECCHIETTE

INGREDIENTS

*2 cups orecchiette pasta, dry**

1 cup cut green beans, frozen

2 tablespoons all purpose flour

½ teaspoon poultry seasoning

½ teaspoon black pepper

*225g turkey scaloppine**

1 tablespoon olive oil

1 tablespoon unsalted butter

1 tablespoon shallots, minced

1 tablespoon garlic, minced

2 tablespoons fresh sage, finely sliced

3 tablespoons lemon juice

½ cup no salt added chicken broth

2 tablespoons parmesan cheese

½ teaspoon red pepper flakes

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

3 Protein + 2 Starch+ ½ Vegetable

Calories **323Kcal**

Protein **21g**

Carbohydrates **39g**

Fibre **2.5g**

Total Fat **9g**

Saturated Fat **3g**

Cholesterol **42mg**

Sodium **64mg**

Potassium **413mg**

Phosphorus **180mg**

PHOSPHATE TIP

When you buy ready-to-cook, seasoned and breaded pieces of meat and poultry, be aware that they are higher in phosphorus. This recipe adds flavor without increasing the phosphorus.

* You can use any other small size dry pasta or chicken scaloppine. Scaloppine is a thinly sliced cut of meat.

PREPARATION

- 1 Bring a large pot of water to a boil. Cook pasta according to directions. Drain and return pasta to the same pot. Add the frozen green beans to the cooked pasta. Remove from heat.
- 2 In a plate, combine flour with poultry seasoning and black pepper. Dredge each piece of turkey scaloppine in the seasoned flour.
- 3 In a skillet over medium-high heat, heat the olive oil. Cook the scaloppine for 3 to 4 minutes per side. Remove from heat.
- 4 In the same skillet the turkey scaloppine was cooked in, heat butter over medium heat. Add shallots, garlic and sage and sauté until softened and fragrant.
- 5 Deglaze the pan with the lemon juice and chicken broth. Bring to a boil. Add cooked pasta and green bean mixture and parmesan cheese. Cook until sauce reduces.
- 6 Sprinkle with red pepper flakes and serve immediately with turkey scaloppine.