

TURKEY MUSHROOM BAKE

Low Carb/ Keto Friendly

THANKSGIVING LEFTOVERS RECIPE

INGREDIENTS

- 3 cups cooked turkey, chopped
- 5 cups sliced mushrooms
- 1 3/4 cups shredded cheddar cheese
- 1/4 cup grated parmesan cheese

Creamy Sauce:

- 1/4 cup Greek yogurt, plain, no sugar added
- 1/4 cup low-fat/ skim milk
- 1/4 cup grated parmesan cheese
- 1 Tbsp. dijon mustard
- 1/2 tsp. ground black pepper

DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit. Set aside 8x8 inch baking dish, no need to grease
2. Add mushrooms to large microwave safe bowl. Cover and microwave for 5 minutes, until tender and shrunken in size (should now measure to be about 2 cups).
3. Drain in colander and let stand while preparing sauce.
4. Whisk together Greek yogurt and milk in a mixing bowl, until creamy consistency.
5. Add yogurt+milk mixture along with the rest of the sauce ingredients to a small saucepan. Stir over medium heat to combine. Bring to a simmer, then turn off heat and set aside.
6. Add turkey, mushrooms, and half of cheddar cheese to 8x8 baking dish. Pour sauce on top and stir in baking dish until well mixed.
7. Top with remaining cheddar cheese. Sprinkle parmesan cheese on top.
8. Bake at 375 F, about 30 minutes - until heated through and starting to brown on top.
9. Cool for 10 minutes to set.
10. Serve and enjoy!