

Creamy Shredded Turkey Sandwich

THE JAMES
Mobile
Education
Kitchen

Heart Conscious

Items Needed: cutting board, knife, spoon, fork

Serves: 2

Ingredients:

- 2 cups of shredded Turkey
- ¼ cup of canned cream of mushroom (I used lowfat/ low sodium option.)
 - You could also substitute any cream soup you prefer (chicken, celery, broccoli.)
- 2 oz sour cream (approx. ¼ cup)
- 1 tsp granulated onion
- 1 tsp granulated garlic
- Salt and Pepper to taste

Directions:

1. Shred turkey from leftovers and place to the side.
2. In saucepot combine 1/2 cup of water with ¼ cup of cream of mushroom soup, 2 ounces of sour cream and the granulated garlic and onion. Heat on medium until mixture begins to bubble.
3. Add turkey and bring to temperature (reheat to 165 degrees.)
4. Serve over toast, bread thins, over roasted veggies, or to accompany a warm grainbowl.

Nutrition Information (per 1/2 recipe):

Calories: 272 Fat: 11.3 g Carbs: 5.3 g Protein: 36.2 g Fiber: 0 g Sodium: 211 mg

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education>

