Creamy Baked Chicken Tetrazzini

Printable grocery list - Serves 6

FOR THE TETRAZZINI

- [ ] 12 oz linguine
- [ ] 2 cups shredded cooked chicken breast
- [ ] 1 medium white onion
- [ ] 8 ounces sliced mushrooms (cremini or white)
- [ ] 1 cup frozen green peas
- [ ] 3 cloves garlic
- [ ] 2 tsp olive oil

FOR THE CREAMY SAUCE

- [ ] 2 tbsp light whipped butter
- [ ] 1/4 cup all purpose flour
- [ ] 2 cups fat free chicken broth
- [ ] 2 cups skim milk
- [ ] 4 ounces reduced fat cream cheese
- [ ] 1/2 cup grated Parmesan cheese (or Asiago)
- [ ] Salt & pepper
- [ ] Fresh or dried parsley

Tip: 2 cups of leftover cooked turkey works in place of the chicken.