

Turkey in the Straw

8 ounces noodles, dry

3 ½ cups cooked and cubed turkey

¼ teaspoon pepper

1 (10½-ounce) can cream of chicken soup, undiluted

8 ounces plain fat-free yogurt or fat-free sour cream

½ cup chopped onion

1 tablespoon oil

- ◆ In large pot bring 2-3 quarts water to a boil; add noodles and cook 8-10 minutes, stirring occasionally.
- ◆ In another skillet or pan cook onion in oil about 3 minutes.
- ◆ Stir in turkey, pepper, and soup; simmer and stir frequently, about 5 minutes.
- ◆ When noodles are done, drain and add to turkey with yogurt. Stir together and heat through.

Makes 8 servings. (Freezes well.)