**TURKEY + SPINACH ON RYE**

1. cup spinach
2. slices rye or marble rye bread
3. slice of provolone cheese (optional)

Optional: light mayo, mustard, low-fat ranch dressing or Italian dressing.

On the first slice of bread, place desired number of meat slices, and cheese. Top with your favorite sauce. Top with the spinach and the final slice of bread.

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**TURKEY-BROCCOLI BAKE**

1. ½ lbs broccoli crowns, cut into pieces
2. tbsp olive oil
3. small onion, thinly sliced
4. cup mushrooms, sliced
5. tbsp flour
6. 1½ cups turkey broth (low-sodium if canned), heated
7. 2 tbsp vanilla extract
8. tbsp milk (for a creamier taste substitute half-and-half or cream)
9. cup parmesan, grated, divided
10. ¼ cup almonds, sliced cooking spray

In a large saucepan of boiling salt water, cook broccoli for 5 minutes or until tender. Drain. Spray a 9x13 baking dish with cooking spray. Arrange broccoli across the bottom. Top with turkey, cover with foil to keep warm. In a large skillet, heat oil over medium heat. Sauté onions and mushrooms until golden brown. Add flour and cook while stirring for 1 minute. Stir in broth. Bring to a boil. Reduce heat to low and simmer for 3-5 minutes or until thick. Stir in vanilla extract, cook for 1 minute. Add the milk and ¼ cup Parmesan, simmer for 1 minute. Season to taste with salt and pepper. Remove from heat.

Arrange the oven rack 6 inches below the heat source and preheat the broiler to high. Pour sauce over the turkey and broccoli. Top with the remaining ¼ cup Parmesan and almonds. Broil for 1 minute, or until the sauce bubbles and the almonds are golden brown.