

November

Recipe of the Month



Crunchy Turkey Supreme

Ingredients:

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| 2 cups cooked turkey breast (or chicken), cubed | ¾ cup reduced fat mayonnaise |
| 2 cups cooked brown rice | 2 tsp lemon juice |
| 1 cup celery, sliced | 1/8 tsp pepper |
| 1 (10 ¾ oz.) can condensed cream of chicken soup (reduced-sodium) | Cooking spray |
| 1 (9 oz.) pkg. frozen cut broccoli, thawed and drained | <i>Topping:</i> |
| 1 (8 oz.) can sliced water chestnuts, drained | 2 ½ cups corn flake cereal, crushed to 1 cup |
| 1 (2 oz.) jar diced pimento, drained | 2 Tbsp margarine, melted |

Directions:

1. Heat oven to 375 degrees. Spray a 2-quart casserole dish with cooking spray.
2. In a large bowl, combine all casserole ingredients. Spoon into casserole dish.
3. In medium sauce pan, melt margarine. Add the crushed cereal to the margarine; sprinkle evenly over casserole mixture.
4. Bake at 375 degrees for 35 minutes or until casserole is thoroughly heated and topping is light brown. Cover with a piece of foil the last 10 minutes so the top doesn't get too brown.

Nutritious Tips

Make good use of your holiday leftovers with this simple casserole. Practice good food safety with all of your holiday leftovers. Only use your leftover turkey if it was refrigerated within 2 hours after serving. When reheating any leftovers, use a food thermometer to bring the internal temperature to 165 degrees.

Nutrition Facts

Serving size ¾ cup
Servings per Recipe: 8

Calories 250

Fat 10 g
Saturated Fat 2 g

Cholesterol 34 mg
Sodium 358 mg

Carbohydrate 27 g
Fiber 2 g

Protein 14 g



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