



Turkey Rice Casserole

Makes 6 servings

Ingredients

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| 1 tablespoon extra-virgin olive oil, divided | 2 cups diced cooked turkey |
| 1 pound mushrooms, sliced thick | 2 cups cooked brown rice |
| 1 medium onion, diced | ¾ cup light sour cream |
| 2 teaspoons dried thyme | ½ cup low-sodium chicken broth |
| ¼ teaspoon ground black pepper | ½ cup feta cheese, broken into fine crumbles |
| ¼ teaspoon ground sage | 1 ½ cups shredded reduced-fat cheese blend, divided |
| ½ teaspoon finely grated fresh ginger | nonstick cooking spray |
| ¼ teaspoon dried dill weed | |

Directions

1. Preheat oven to 375 F.
2. In a large skillet over medium-high heat, add 1 teaspoon oil. Add mushrooms.

Cook until all moisture has evaporated and mushrooms are lightly browned. Transfer to a plate and set aside.

(directions continued on back)



MAIN DISH



Directions (continued)

3. Return skillet to heat. Add 2 teaspoons oil and onions to skillet. Cook 2 to 3 minutes, then add thyme, black pepper, sage, ginger and dill weed. Cook for another 2 to 3 minutes.
4. Add mushrooms, turkey and rice to skillet with onion mixture. Stir.
5. In a medium bowl, whisk together the sour cream and chicken broth. Add feta cheese and 1 cup cheese blend. Add to rice mixture. Stir.
6. Spray a 9-by-13-inch pan with nonstick cooking spray. Pour rice mixture into pan. Spread with a spatula. Bake 25 to 30 minutes, until bubbly. Sprinkle remaining cheese blend on top. Return to oven until cheese melts.
7. Let cool slightly and serve warm.

 = low sodium

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Nutrition Facts

Serving Size 1 cup (306g)
Servings Per Container 6

Amount Per Serving		% Daily Value*
Calories 350	Calories from Fat 140	
Total Fat 15g		23%
Saturated Fat 8g		40%
Trans Fat 0g		
Cholesterol 75mg		25%
Sodium 470mg		20%
Total Carbohydrate 25g		8%
Dietary Fiber 3g		12%
Sugars 3g		
Protein 30g		
Vitamin A 10%	Vitamin C 4%	
Calcium 30%	Iron 10%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk, may contain gluten
Carb choices per serving: 1 ½