



Turkey, Squash and Wild Rice Hotdish

Makes 8 servings

Ingredients

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| <p>nonstick cooking spray</p> <p>2 tablespoons extra-virgin olive oil</p> <p>1 ½ medium butternut squash, peeled and cut into ½-inch cubes</p> <p>1 medium onion, diced</p> <p>½ teaspoon freshly ground black pepper</p> <p>2 teaspoons chopped fresh thyme (about 1 teaspoon ground)</p> | <p>½ teaspoon fresh sage (¼ teaspoon ground)</p> <p>1 teaspoon chopped fresh rosemary leaves (½ teaspoon ground)</p> <p>⅛ teaspoon ground nutmeg</p> <p>¾ cup raisins</p> <p>4 cups cooked diced turkey breast</p> <p>3 cups cooked wild rice</p> <p>½ cup grated parmesan cheese, divided</p> |
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Directions

1. Preheat oven to 350 F. Spray a 9-by-13-inch baking dish with nonstick cooking spray. Set aside.
2. In a large skillet, heat oil over medium heat. Add squash, onion and black pepper. Sauté for 2 minutes or until onions appear clear.

Cover and cook for 6 to 8 minutes, stirring occasionally. (Do not overcook. Squash should still have a slight firmness to it.) Stir in the thyme, sage, rosemary, nutmeg, raisins, turkey, rice and ¼ cup cheese.

(directions continued on back)



MAIN DISH



Directions (continued)

3. Pour into prepared dish. Bake uncovered for 20 minutes. Remove from oven and sprinkle remaining cheese over the top. Bake for 5 more minutes.
4. Allow to cool slightly and serve warm.

TIP

You can prepare this hotdish ahead of time, cover with plastic wrap and foil, and freeze it (uncooked for up to 3 months). One day before you're planning to serve it, place it in the refrigerator to thaw. Then simply bake and enjoy!

♥ = heart smart ✂ = low sodium Ⓜ = gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

Nutrition Facts

Serving Size 1 ½ cups (247g)
Servings Per Container 8

Amount Per Serving

Calories 300 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 170mg **7%**

Total Carbohydrate 35g **12%**

Dietary Fiber 5g **20%**

Sugars 3g

Protein 26g

Vitamin A 160% • Vitamin C 25%

Calcium 10% • 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
Carb choices per serving: 2 ½