

## Turkey, squash and wild rice hotdish recipe

### Ingredients

Nonstick cooking spray

2 tablespoons extra-virgin olive oil

1 1/2 medium butternut squash, uncooked, peeled and cut into 1/2-inch cubes\*

1 medium onion, diced

1/2 teaspoon freshly ground black pepper

2 teaspoons chopped fresh thyme (about 1 teaspoon ground)

1/2 teaspoon fresh sage (1/4 teaspoon ground)

1 teaspoon chopped fresh rosemary leaves (1/2 teaspoon ground)

1/8 teaspoon ground nutmeg

3/4 cup raisins

4 cups cooked diced turkey breast

3 cups cooked wild rice

1/2 cup grated parmesan cheese, divided

\*Note: If using cooked or roasted squash, add with turkey, rice and cheese.

### Directions

Preheat oven to 350 F. Spray a 9-by-13-inch baking dish with nonstick cooking spray. Set aside.

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 1/4 cup cheese.

Pour into prepared dish.

Bake uncovered for 20 minutes.

Remove from oven and sprinkle remaining cheese over the top. Bake for 5 more minutes.

Allow to cool slightly and serve warm.

Makes 8 servings

[Nutrition information](#)