

Dinner Tonight!

Turkey and Rice Casserole

1 1/2 cups cooked long grain rice
1 10-ounce package frozen chopped broccoli, thawed and squeezed dry
2 cups cubed cooked turkey
1/2 teaspoon ground black pepper
4 ounces (1 cup) shredded sharp Cheddar cheese
3/4 cup skim milk
1 – 10 3/4-ounce can reduced sodium condensed cream of mushroom soup
20 buttery crackers, crushed

Spray an 8-inch baking dish with non-stick spray. Combine rice, broccoli, turkey, black pepper and cheese. In a small bowl, mix milk and soup until smooth; add to turkey mixture. Mix well. Pour into prepared pan and sprinkle with crushed crackers. Bake, uncovered, at 375 degrees F for 30-40 minutes or until bubbly and top is golden brown.

Preparation Time: 20 minutes
Cook Time: 30 minutes
Serves: 6
Cost Per Serving: \$.87

Nutrition facts per serving
Calories: 290
Total Fat: 9 g
Cholesterol: 50 mg
Sodium: 520 mg
Total Carbohydrate: 25 g
Fiber 3 g
Protein: 27 g

Serve with: Tossed Apple Salad (combine 1/2 of 10-ounce bag romaine lettuce, 1 cup diced red apple and 1/2 cup fat-free balsamic vinaigrette. Toss well. Serves 6. Per serving: 42 calories, 268 mg sodium, 10 g carbohydrates, 2 g fiber).