



Turkey Rice Bake

Serves 6



- 1 tablespoon olive oil
- ¼ cup finely chopped onion
- ¼ cup finely chopped celery
- 2 cups cooked rice, brown
- 2 cups frozen peas, thawed,
grated carrots or corn

- 2 cups cooked turkey, diced
- 1 can (10 ½ oz) condensed Cheddar cheese
soup or low-sodium Cream of Chicken
- 1 cup milk, non-fat
- 1 teaspoon prepared mustard

Heat oil and butter in a heavy skillet; sauté chopped onion and celery until tender. In a large bowl, combine cooked rice, thawed peas (grated carrots or corn), turkey, soup, milk, mustard, salt and sautéed onion and celery. Transfer to a 2-quart shallow baking dish.

Bake at 350° for 30 minutes, or until heated through.

Nutrition Facts	
Serving Size (264g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	6%
Cholesterol 35mg	12%
Sodium 270mg	11%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	13%
Sugars 5g	
Protein 20g	
Vitamin A 35%	Vitamin C 10%
Calcium 8%	Iron 8%
*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	