

CRUNCHY TURKEY SUPREME

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 3/4 cup

Nutrition (per serving)

Calories: 250

Total Fat: 10 g

Saturated Fat: 2 g

Sodium: 358 mg

Total Carbohydrate: 27 g

Dietary Fiber: 2 g

Protein: 14 g

Ingredients

2 cups cooked turkey breast (or chicken), cubed

2 cups cooked brown rice

1 cup celery, sliced

1 (10 $\frac{3}{4}$ oz.) can condensed cream of chicken soup (reduced-sodium)

1 (9 oz.) pkg. frozen cut broccoli, thawed and drained

1 (8 oz.) can sliced water chestnuts, drained

1 (2 oz.) jar diced pimento, drained

$\frac{3}{4}$ cup reduced fat mayonnaise



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2 tsp lemon juice

1/8 tsp pepper

Cooking spray

Topping:

2 ½ cups corn flake cereal, crushed to 1 cup

2 Tbsp margarine, melted

Directions

1. Heat oven to 375 degrees. Spray a 2-quart casserole dish with cooking spray.
2. In a large bowl, combine all casserole ingredients. Spoon into casserole dish.
3. In medium sauce pan, melt margarine. Add the crushed cereal to the margarine; sprinkle evenly over casserole mixture.
4. Bake at 375 degrees for 35 minutes or until casserole is thoroughly heated and topping is light brown. Cover with a piece of foil the last 10 minutes so the top doesn't get too brown.



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