

Turkey-Vegetable Bake

Rice and vegetables win an encore for the last of the holiday turkey. This creamy main dish gives leftovers a good name.

SERVINGS: 6 servings

CARB GRAMS PER SERVING: 28

Ingredients

- 2 cups sliced fresh mushrooms
- ¾ cup chopped red or yellow sweet pepper
- ½ cup chopped onion
- 2 cloves garlic, minced
- 2 tablespoons butter or margarine
- ½ cup all-purpose flour
- ¾ teaspoon salt
- ½ teaspoon dried thyme, crushed
- ¼ teaspoon black pepper
- 2 cups fat-free milk
- 1 10-ounce package frozen chopped spinach, thawed and well drained
- 2 cups cooked brown or white rice
- 2 cups chopped cooked turkey or chicken
- ½ cup finely shredded Parmesan cheese (2 ounces)



Nutrition Facts

Servings: 6

Calories 297

Total Fat 10g

Saturated Fat 5g

Cholesterol 53mg

Sodium 602mg

Carbohydrate 28g

Fiber 3g

Protein 24g

Vitamin C 59 (DV%)

Calcium 26 (DV%)

Iron 11 (DV%)

Diabetic Exchanges

Starch (d.e.) 1

Milk (d.e.) .5

Vegetables (d.e.) 1

Lean Meat (d.e.) 2

Fat (d.e.) .5

Directions

- 1.** In a 12-inch skillet cook and stir mushrooms, sweet pepper, onion, and garlic in hot butter over medium heat until tender. Stir in flour, salt, thyme, and black pepper. Slowly stir in milk; cook and stir until thickened and bubbly. Stir in spinach, rice, turkey, and ¼ cup of the Parmesan cheese.
- 2.** Spoon mixture into a 2-quart rectangular baking dish. Sprinkle with remaining Parmesan cheese. Bake, covered, in a 350° F oven for 20 minutes. Uncover and bake about 10 minutes more or until heated through. Let stand 15 minutes before serving. Makes 6 servings.