

# Turkey Rice Casserole

**Makes:** 6 Servings

This is a quick, easy casserole featuring turkey and rice. Add vegetable side dishes to serve this recipe.

## Ingredients

- 2 1/2 cups** cooked rice
- 1/2 cup** onion (finely chopped)
- 1 clove** garlic (chopped)
- 2 cups** turkey breast (chopped)
- 1 can** low-sodium chicken broth
- 1/2 cup** nonfat instant milk (prepared)
- 1/2 cup** all purpose flour
- 2 tablespoons** light buttery spread
- 1/2 cup** reduced-fat cheddar cheese (shredded)
- 1/4 cup** cornflakes (crushed for topping)

## Directions

1. Combine cooked rice, chopped onion, and garlic put in a shallow baking dish. 2. Top rice mixture with chopped turkey. 3. Mix broth with milk, flour, and light buttery spread. Pour over turkey. 4. Sprinkle cheese and cornflake crumbs over top. Bake at 350 degrees F for 30 minutes.

**Source:** Recipe adapted from [cooks.com](http://cooks.com)

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>289</b>
Total Fat	7 g
Saturated Fat	3 g
Cholesterol	42 mg
Sodium	255 mg
Total Carbohydrate	33 g
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>23 g</b>
Vitamin D	1 mcg
Calcium	182 mg
Iron	2 mg
Potassium	370 mg
N/A - data is not available	

### MyPlate Food Groups

	Grains	1 1/2 ounces
	Protein Foods	1 1/2 ounces
	Dairy	1/2 cup