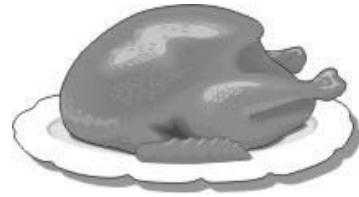


Turkey Recipes



Turkey Spanish Rice Serves 2.

1/4 cup onion, cut in pieces	2/3 cup turkey, cooked and diced
1/4 cup green pepper, chopped	1/4 cup water
2 tbsp. celery, sliced	1/4 tsp. chili powder
1/4 cup rice, uncooked	1/8 tsp. pepper
1/2 tsp. margarine	1 bay leaf
8 oz. canned tomatoes (about 1 cup)	

Cook vegetables and rice in margarine in a small saucepan until onion begins to brown, about 4 minutes. Break up large pieces of tomatoes. Add tomatoes and remaining ingredients to rice mixture. Bring to a boil. Reduce heat, cover, and cook slowly until rice is tender, about 25 minutes. Stir as needed to prevent sticking. Remove bay leaf before serving.

NUTRITION FACTS (per serving) - Calories 210 ~ fat 3.5 g ~ calories from fat 35 ~ sodium 230 mg ~ total carbohydrate 27 g ~ fiber 2 g

Turkey Pie Serves 4.

1 1/2 cups chopped cooked turkey	1 1/2 cups canned or cooked peas
1/4 cup diced celery	1 1/2 cups turkey gravy
2 Tbsp. minced onion	1 cup seasoned mashed potatoes
3/4 cup cooked carrots	

Place turkey in bottom of deep pie pan or shallow baking dish. Mix together the celery, onions, carrots and peas; put on top of turkey. Pour gravy on top of vegetables. Spoon mashed potatoes around edge of dish. Bake at 425° F for 20 minutes or until hot all the way through. Serves 4.

NUTRITION FACTS (per serving) - Calories 250 ~ fat 7 g ~ calories from fat 60 ~ sodium 890 mg ~ total carbohydrate 25 g ~ fiber 5 g

Turkey Supper Dish Serves 6.

1 box macaroni & cheese dinner	1 cup reduced fat sour cream
1 can peas & carrots or mixed vegetables	1/4 cup chopped onion
2 cups chopped cooked turkey	1/4 tsp. black pepper

Prepare macaroni and cheese dinner as directed on package. Drain canned vegetables; add vegetables and rest of ingredients to prepared macaroni & cheese and mix well. Heat mixture thoroughly, stirring occasionally.

NUTRITION FACTS (per serving) - Calories 350 ~ fat 13 g ~ calories from fat 120 ~ sodium 620 mg ~ total carbohydrate 35 g ~ fiber 2 g



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.

The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition & Consumer Services of the U.S. Department of Agriculture.