

# CRUNCHY TURKEY SUPREME

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

*Serves: 3/4 cup*

## **Nutrition (per serving)**

Calories: 250

Total Carbohydrate: 27

Total Fat: 10 g

Dietary Fiber: 2 g

Saturated Fat: 2 g

Protein: 14 g

Sodium: 358 mg

## **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

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.