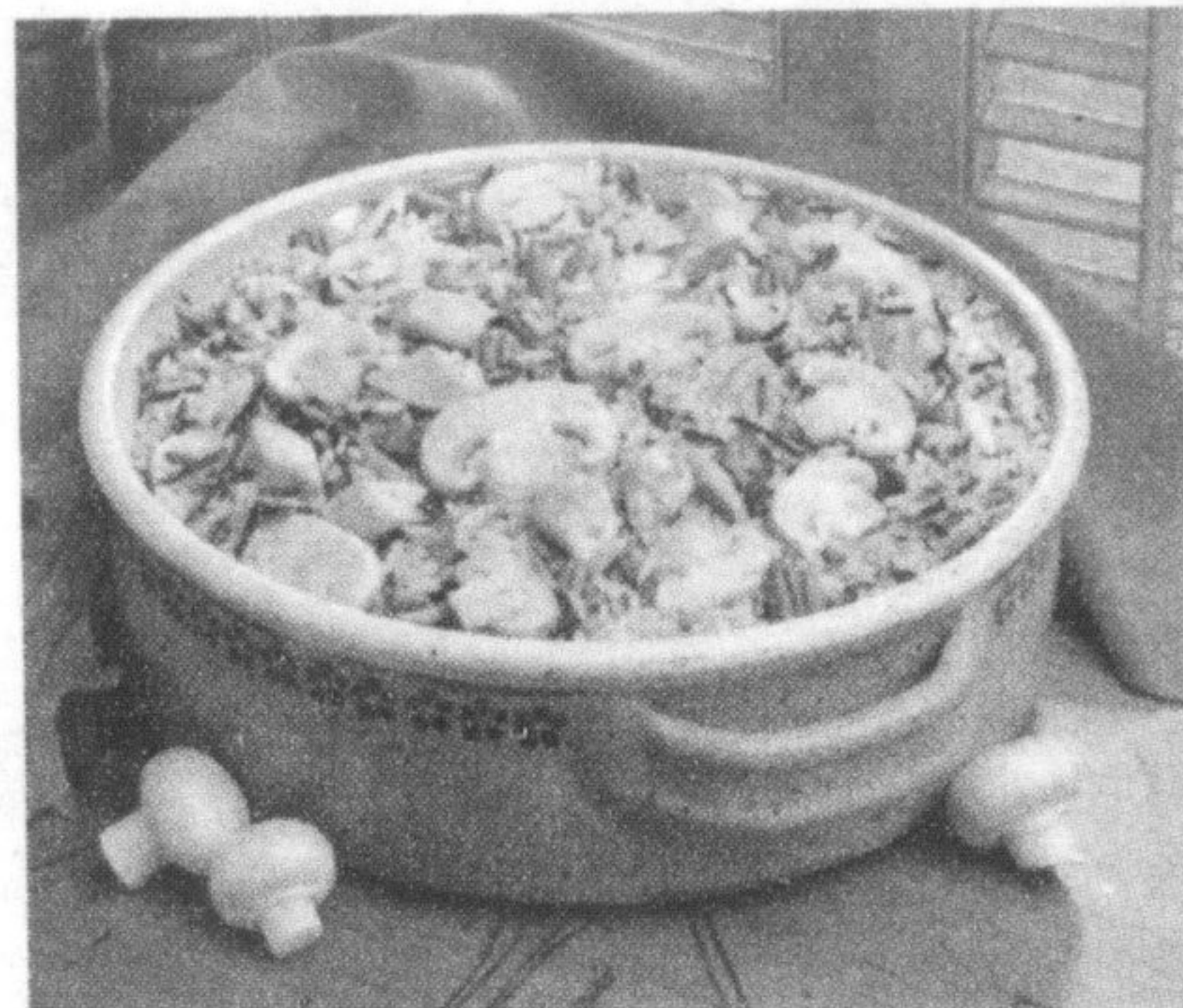


Mushroom, Turkey and Rice Casserole

Brown rice and mushrooms add a deep earthy flavour to leftover turkey, making this the perfect holiday meal. Serve with a fresh crisp spinach salad.

Makes 6 Servings
Preparation Time: 20 minutes
Cooking Time: 30 minutes

- | | | |
|---------|---------|--|
| 2 tbsp | (25mL) | olive oil |
| 1 lb | (500g) | sliced crimini or white mushrooms |
| 1 cup | (250mL) | sliced celery |
| 3/4 cup | (175mL) | sliced green onion |
| 2 | | cloves garlic, minced |
| 1 tsp | (5mL) | each, dried thyme leaves, sage leaves and salt |
| 1/2 tsp | (2mL) | pepper |
| 4 cups | (1L) | cubed cooked turkey breast |
| 4 cups | (1L) | cooked brown and wild rice* |
| 2/3 cup | (150mL) | chicken stock |
| 1/2 cup | (125mL) | coarsely chopped pecans |
| 2tbsp | (25mL) | chopped parsley (optional) |



*In medium saucepan bring 2 1/2 cups (625 mL) water to boil. Add 1 cup (250 mL) uncooked brown and wild rice mix. Cover and reduce heat to simmer for 35-45 minutes or until water is absorbed and rice is until tender.

Tips: Brown and wild rice take longer to cook than white rice so cook it the night before to have ready for this recipe. Brown rice is much more nutritious than white since it is the whole grain, and contains the bran which adds fibre and vitamins. Wild rice is not rice at all but a long grain marsh grass that gives a nutty flavour and chewy texture. It is less expensive to buy a mix of brown and wild rice which is often available in bulk at many stores.

In large skillet heat olive oil over medium heat. Add mushrooms, celery, onions and garlic; sauté for 3 minutes. Stir in thyme, sage, salt, pepper; sauté for 2 minutes and add chicken stock. Remove from heat and set aside. In 2.5-3 qt (2.5-3 L) casserole dish combine turkey, rice, and pecans, stir in mushroom mixture. Bake in 350°F (180°) oven for 25 minutes or until heated through. Garnish with parsley if desired.

If substituting ground thyme and sage for thyme and sage leaves, reduce to 1/2 tsp (2 mL)-3/4 tsp (3 mL).

Nutritional Information Per Serving: Calories: 372, Protein: 32.5 g, Fat: 14.4 g, Carbohydrates: 28.4 g, Dietary Fibre: 4.3 g

More delicious recipe ideas can be found online at www.mushrooms.ca.

www.newscanada.com

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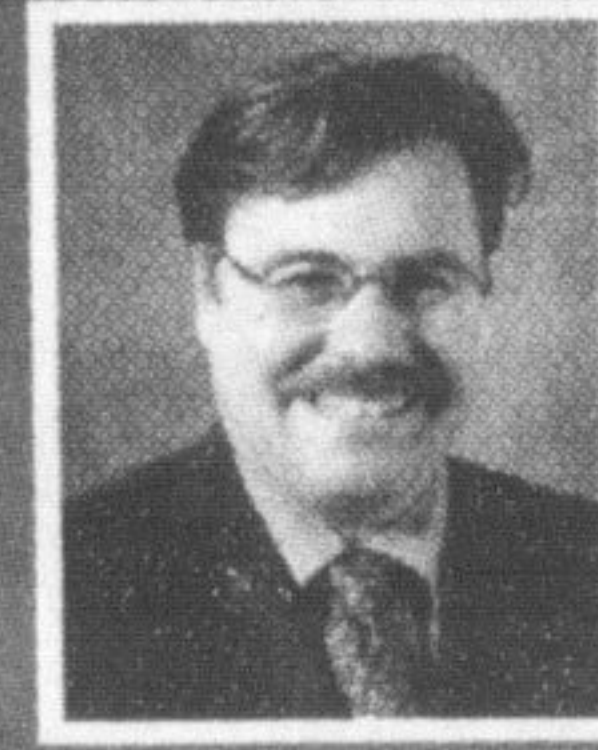
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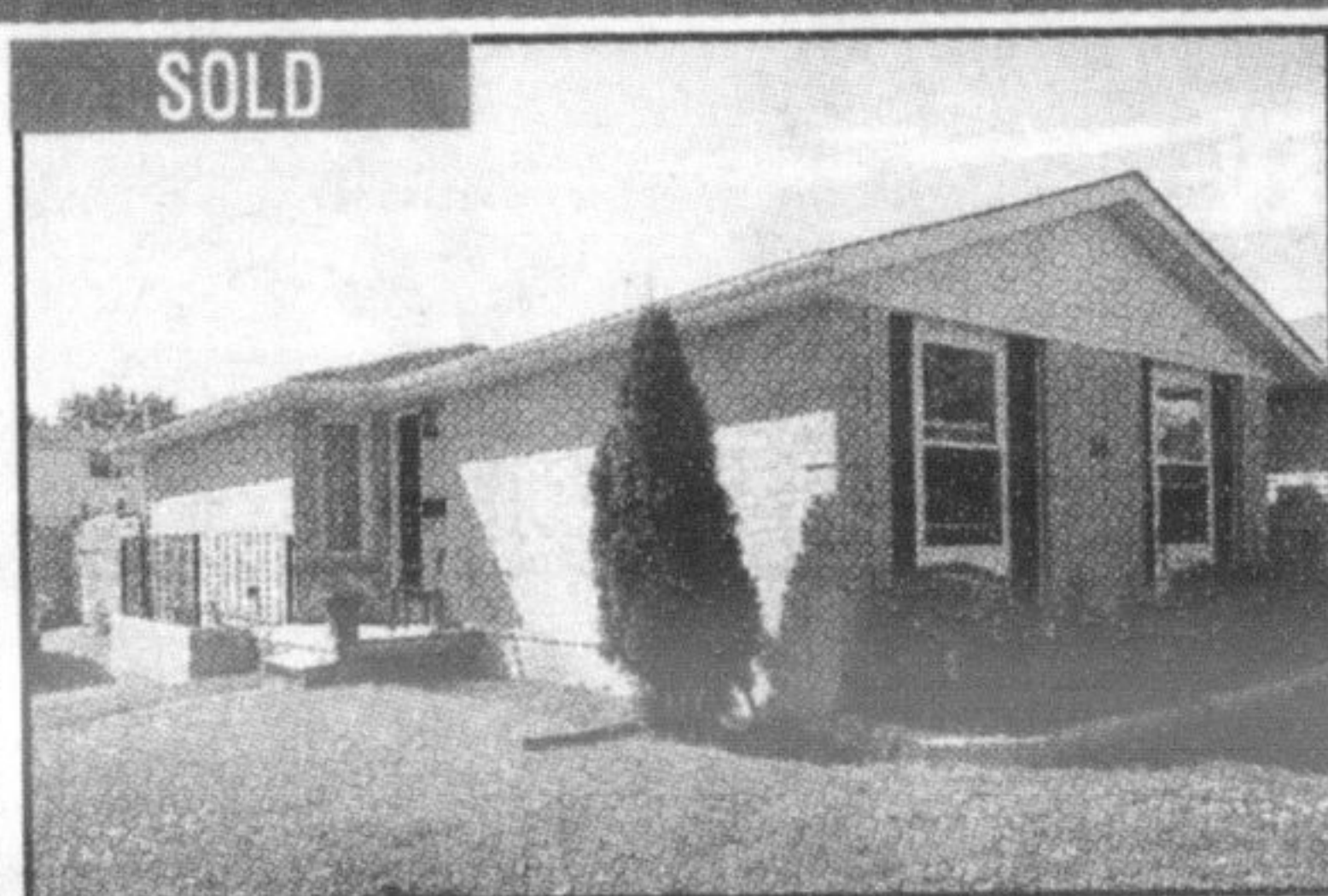
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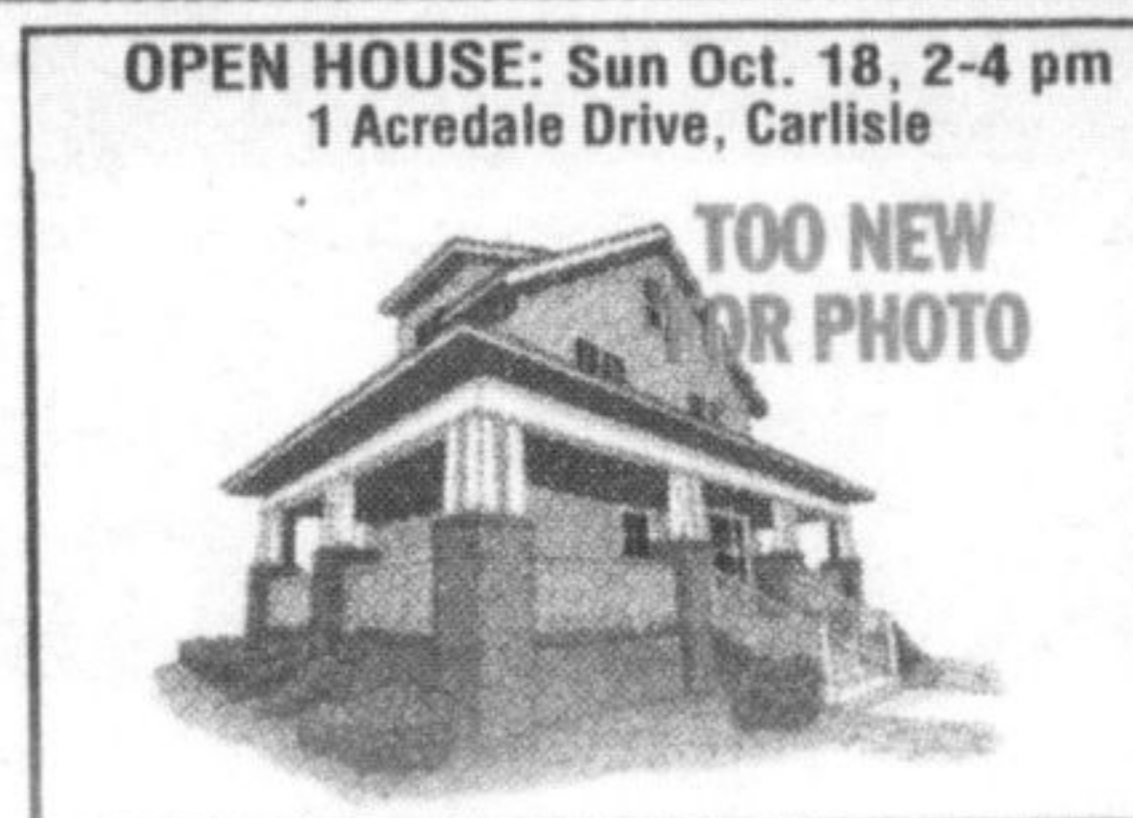
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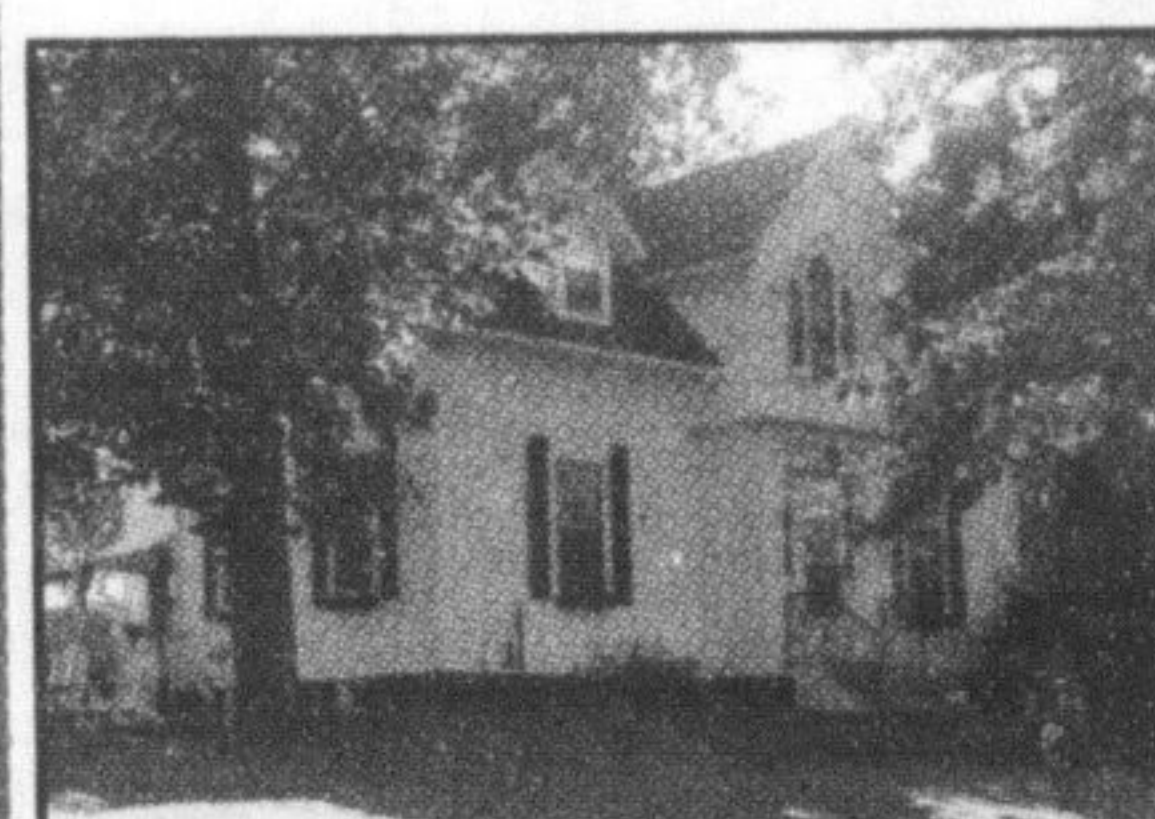
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