Recipe of the Month

Turkey Casserole

Turkey teams up temptingly with pretty green peas and crunchy water chestnuts in this yummy casserole. It’s creamy sauce combine with melted cheese and golden crouton topping is sure to win you compliments, and is a great way to get rid of those thanksgiving left overs!!

- 2 cups cubed cooked turkey breasts
- 1 package (10 ounces) frozen peas
- 1 cup chopped celery
- 1 can (8 ounces) sliced water chestnuts, drained
- 2 tablespoons chopped green pepper
- 1 tablespoon chopped onion
- 1 can (10-3/4 ounces) reduced fat, reduced sodium, condensed cream of chicken soup
- 1 cup (4 ounces) shredded reduced fat cheddar cheese
- 2 tablespoons white wine OR chicken broth
- 1 tablespoon lemon juice
- ½ teaspoon salt
- 2 slices white bread, cubed.

In a large bowl, combine the first six ingredients.
In a small saucepan, combine the soup, milk, ½ cup of the cheese, wine or broth, lemon juice and salt.
Cook and stir over low heat until smooth and heated through.
Pour over turkey mixture, toss to coat.
Transfer mixture to a baking dish coated with non-stick spray and top with bread cubes.
Bake uncovered in a 375 oven for 25 minutes. Sprinkle remaining ½ cup cheese on top, and bake another 5 minutes until the cheese is melted.

YIELD: 6 Servings One serving (3/4 cup): 248 calories, 7g fat, 48mg cholesterol, 713mg sodium, 22g carb, 5g fiber, 24g protein.
(Adapted from Light & Tasty magazine; October/November 2003 pg. 22)

CHOLESTEROL

- Cholesterol is important to our bodies, as we need it to form cell membranes and produce hormones.
- Too much cholesterol however can lead to hardening of our arteries, which increases the risk of developing heart disease.
- Therefore, we need a moderate level of cholesterol in our daily diet, but we must eat wisely to avoid getting too much.

Foods with High levels of cholesterol:
- Fast foods
- Foods high in saturated fat content
- Generally, food from animal products.

Foods with Low levels of cholesterol:
- Fruits and vegetables
- Cereals (the more fiber, the better)
- Lower fat options