



NUTRITIONAL WEIGHT & WELLNESS, INC.

Minnesota Turkey and Wild Rice Casserole

1 cup wild rice

Preheat oven to 350°.

Rinse wild rice and pour boiling water over rice and let soak for 2 hours

2 teaspoons olive oil
1 cup onion – chopped
1 cup green pepper – chopped
1 cup celery – thinly sliced
1-1/4 lbs turkey breast

Brown in skillet.

Add prepared wild rice.

9 black olives – sliced
8 oz canned water chestnuts –
drained, sliced
2 tablespoons Bragg Liquid
Aminos
2 cups chicken broth

Add to skillet.

2 tablespoons flour
1 teaspoon garlic powder
1 teaspoon poultry seasoning

Add and stir until well blended.

Bake in an oiled, covered 3-quart casserole 45 minutes until liquid is absorbed.

Garnish each serving with 4 chopped almonds and serve.