

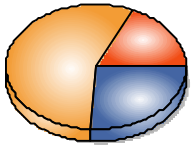


## Turkey-Broccoli-Cheese Casserole

By: Modified from Cooking-Light 7/2006 by DrJez LLC

Recipe grams: 1559.51g/55.0oz

Serves 4 389.88g/13.8oz per serving



Protein: 39%  
Carbohydrates: 31%  
Fat: 30%

### INGREDIENTS

12 oz TURKEY BREAST, ROASTED  
4 cups BROCCOLI FLOWER CLUSTERS, RAW  
4 oz CREAM CHEESE, NONFAT  
1/3 cup CHEDDAR CHEESE, SHARP, FINELY SHREDDED, REDUCED FAT  
1 1/2 cup MILK, COW'S, NONFAT (SKIM)  
1 tbsp CORNSTARCH  
1/2 tsp SALT, TABLE  
1 tsp BLACK PEPPER, GROUND  
1/4 cup MAYONNAISE, CANOLA  
1/2 cup MAYONNAISE, NONFAT  
1 small ONION, RAW  
1/2 cup WATER CHESTNUT, CHINESE, RAW (MATAI)  
1 cup PANKO BREAD CRUMBS  
4 servings COOKING OIL SPRAY, BUTTER FLAVOR  
1 gram CHEESE SAUCE MIX, DRY  
1/3 cup CHEDDAR CHEESE, SHREDDED, NONFAT

### DIRECTIONS

Preheat oven to 375°F.

Break broccoli into smaller flowerettes and line the bottom of a 11 x 17 inch pan coated with cooking spray. Top with turkey that has been shredded.

In a large saucepan, heat the milk gently while whisking in the cornstarch, salt and pepper. Heat gently until mixture begins to thicken. Remove from heat and stir in cheeses. Whisk the mixture until the cheeses melt and mixture is smooth. Add the mayonnaises and continue to whisk.

Stir in chopped onions and water chestnuts. Pour mixture over broccoli and turkey.

Place panko in a bowl and spray lightly with cooking spray, tossing until lightly coated. Cover the pan contents.

Place in oven and bake until panko is lightly browned, about 25 minutes.

### Nutrition Facts

Serving Size: 1 serving (389.9g)  
Servings: 1

#### Amount Per Serving

Calories 430      Calories from Fat 130

% Daily Value\*

**Total Fat** 14g      **20%**

Saturated Fat 2.5g      **15%**

Trans Fat 0g

**Cholesterol** 85mg      **30%**

**Sodium** 1080mg      **45%**

**Total Carbohydrate** 34g      **10%**

Dietary Fiber 1g      **6%**

Sugars 8g

**Protein** 42g

Vitamin A 50%      •      Vitamin C 110%

Calcium 40%      •      Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.