



EASY TURKEY CASSEROLE

By Dr. Cindy Tanzar
(Maintenance Plan or Special Occasion)
With Standard Plan option

Looking for something to do with your leftover turkey or chicken? This easy recipe combines the flavors of Thanksgiving into one simple casserole. It's really tasty. This is a maintenance dish because of the cheese, but you could leave it out and just not put it in the oven. This recipe makes about four servings. One serving covers one cup of cooked vegetable, protein, and fat for one meal.



INGREDIENTS

OPTION 1:

- 3 Tbsp Kerry Gold butter, divided
- 1/4 cup onion, chopped
- 1 stalk celery, small diced
- 1/2 tsp. dried sage
- 1/2 tsp. Pink Himalayan salt
- 1/4 tsp. black pepper
- 2-1/2 cups cooked turkey/chicken, chopped



2 bags Green Giant Cauliflower Risotto Medley (with Asparagus and mushrooms)
1-1/2 cups shredded mozzarella

OPTION 2:

Instead of the Green Giant Risotto, use:

4 oz. mushrooms, sliced (sauté with onion and celery)

2 cups plain frozen cauliflower rice

1/2 cup frozen green beans or asparagus cut into 1/2-1" pieces

INSTRUCTIONS

Preheat the oven to 375°F. Lightly grease an 8x8 casserole dish and set aside.

In a large skillet over medium heat, melt 2 Tbsp butter. Add the onion and celery (**and mushrooms for Option 2**), sautéing about 7-8 minutes.

Mix in the sage, salt and black pepper. Add 1 Tbsp butter and stir in the thawed cauliflower risotto (**OR plain cauliflower rice and green beans/asparagus for Option 2**) and turkey/chicken. Mix together well, cooking for one minute. (If not adding the cheese, forego the oven - cover and cook until vegetables are tender, about 15 minutes, mixing occasionally. May need another tbsp of butter. Serve as is.)

For the oven, transfer mixture into the casserole dish and bake for 20 minutes. Remove from the oven, sprinkle with the mozzarella and bake an additional five minutes.