

# Lemon-Turkey Casserole with Rice

Louise Rousseau Brunner  
Casserole Treasury (1964)

## Servings: 6

3 cups turkey, coarsely diced  
2 cups cooked rice  
salt  
pepper  
1/2 teaspoon whole celery seed  
1 can (8 ounce) tomato sauce  
1 cup chicken broth  
4 slices lemon  
5 thin slices (or more) onion  
1/3 cup dry white wine  
2 tablespoons butter  
1 teaspoon paprika

Preheat the oven to 350 degrees.

Spread the rice in a good-sized but shallow casserole. Arrange the turkey evenly over it.

Sprinkle with salt, pepper and celery seed.

In a bowl, mix the tomato sauce and chicken broth well. Pour over the turkey.

Cut the lemon and onion slices in half. Cover the top with them, adding more if needed. Cover the casserole.

Bake for one and one-quarter hours. Check when halfway through. Add a little broth if the casserole seems quite dry.

Uncover the casserole. Pour the wine over the top. Dot with butter cut in bits. Sprinkle with paprika.

Broil until browned and sizzling.

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Per Serving (excluding unknown items): 335 Calories; 12g Fat (32.5% calories from fat); 24g Protein; 33g Carbohydrate; 3g Dietary Fiber; 74mg Cholesterol; 480mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1 Fat.

Turkey

## Per Serving Nutritional Analysis

Calories (kcal):	335	Vitamin B6 (mg):	1.2mg
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% Calories from Fat:	32.5%
% Calories from Carbohydrates:	39.1%
% Calories from Protein:	28.3%
Total Fat (g):	12g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	74mg
Carbohydrate (g):	33g
Dietary Fiber (g):	3g
Protein (g):	24g
Sodium (mg):	480mg
Potassium (mg):	679mg
Calcium (mg):	60mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	29mg
Vitamin A (i.u.):	794IU
Vitamin A (r.e.):	102RE

Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	70mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	9
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1
Lean Meat:	2 1/2
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 335 Calories from Fat: 109

### % Daily Values\*

<b>Total Fat</b>	12g	19%
Saturated Fat	5g	23%
<b>Cholesterol</b>	74mg	25%
<b>Sodium</b>	480mg	20%
<b>Total Carbohydrates</b>	33g	11%
Dietary Fiber	3g	12%
<b>Protein</b>	24g	
<b>Vitamin A</b>		16%
<b>Vitamin C</b>		48%
<b>Calcium</b>		6%
<b>Iron</b>		14%

\* Percent Daily Values are based on a 2000 calorie diet.