

# Turkey-Broccoli Bake

Patti Stanley

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

## Servings: 6

*2 packages (10 ounce ea)  
frozen chopped broccoli  
1 tablespoon lemon juice  
2 tablespoons butter  
2 tablespoons flour  
1/2 teaspoon salt  
2 cups milk  
1 slice bread, crumbled  
1/2 cup Swiss cheese,  
shredded  
2 cups cooked turkey, cut  
up  
1/4 cup Parmesan cheese,  
grated  
1 tablespoon butter, melted*

Preheat the oven to 350 degrees.

Cook the broccoli according to package directions. Drain. Place the broccoli in an 8x11-1/2 inch baking dish. Sprinkle with lemon juice.

In a saucepan, melt the butter. Blend in the flour and salt. Add the milk all at once. Cook, stirring, until thickened and bubbly. Remove from the heat. Stir in the turkey chunks. Spoon the turkey over the broccoli in the baking pan.

In a bowl, combine the bread, Parmesan cheese and the melted butter. Sprinkle over the casserole.

Bake, uncovered, until hot, approximately 20 to 25 minutes.

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Per Serving (excluding unknown items): 252 Calories; 15g Fat (52.5% calories from fat); 21g Protein; 9g Carbohydrate; trace Dietary Fiber; 73mg Cholesterol; 418mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 2 Fat.