

Turkey Divan

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Servings: 4

1 bag (12 ounce) frozen broccoli florets
1 1/2 cups cooked turkey, cubed
1/4 teaspoon ground black pepper
1 can (18.5 ounce) Progresso chicken & wild rice soup
1/2 cup sour cream
1/2 cup (2 ounces) cheddar cheese, shredded
1/4 cup Italian-style crispy bread crumbs

Preparation Time: 5 minutes

Cook Time: 25 minutes

Preheat the oven to 375.

Cook the frozen broccoli florets as directed on the bag. Place the broccoli and turkey in an ungreased nine-inch square pan. Sprinkle with pepper.

In a bowl, combine the soup and sour cream. Pour the soup mixture over the broccoli and turkey. Sprinkle with the cheese and breadcrumbs.

Bake for about 25 minutes or until hot and bubbly.

Per Serving (excluding unknown items): 208 Calories; 13g Fat (58.4% calories from fat); 20g Protein; 1g Carbohydrate; trace Dietary Fiber; 68mg Cholesterol; 140mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Non-Fat Milk; 2 Fat.