

Chicken

Turkey-Broccoli Bake

Better Homes and Gardens All-Time Favorite Recipes

Servings: 6

2 packages (10 oz) frozen chopped broccoli
1 tablespoon lemon juice
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1/2 teaspoon salt
2 cups milk
1/2 cup (2 oz) Swiss cheese, shredded
2 cups cooked turkey, cut in strips
3/4 cup soft bread crumbs
25 cups Parmesan cheese, grated
1 tablespoon butter or margarine, melted

Preheat oven to 350 degrees.

Cook broccoli according to package directions; drain thoroughly. Place broccoli in an 8x1 1/2-inch round baking dish. Sprinkle with lemon juice.

In a saucepan, melt the two tablespoons of butter. Blend in flour and salt. Add milk all at once. Cook and stir until thickened and bubbly. Remove from heat; stir in Swiss cheese until melted. Stir in turkey strips.

Spoon turkey mixture over broccoli in baking dish. Combine bread crumbs, Parmesan and the one tablespoon of melted butter. Sprinkle over casserole.

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

Per Serving (excluding unknown items): 1760 Calories; 114g Fat (58.8% calories from fat); 158g Protein; 21g Carbohydrate; trace Dietary Fiber; 333mg Cholesterol; 6568mg Sodium. Exchanges: 1/2 Grain(Starch); 21 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 9 1/2 Fat.