

Thanksgiving Casserole

Diabetes Friendly

Items Needed: Mixing Bowls, 9x12 baking dish, measuring cups.

Serves: 8

Ingredients:

- 3 cups of shredded turkey
- 1 can of cream of mushroom soup (I used healthy request, lower fat and sodium)
- 1 can of water
- 3 cups of broccoli or green beans
- 3 cups stuffing prepared (6 oz dried unprepared.)

Directions:

1. Preheat your oven to 350. Spray your baking dish with pan spray.
2. In a mixing bowl mix the can of mushroom soup with equal parts water, reserve half of the soup on the side and mix the shredded turkey with the other half of the mushroom soup mix, lay out the turkey in the bottom of your baking dish.
3. To the remaining mushroom soup add the broccoli or green beans (you can also add kale, zucchini, any sort of veggie that you would like.)
4. Add the veggies to the casserole. Prepare your stuffing and top the casserole with stuffing
5. Place aluminum foil around the baking dish and put in the oven for 25 minutes.
6. Remove the aluminum foil from the casserole and continue to bake for another 15-20 minutes or until the casserole is bubbly throughout and the stuffing is browned on top.

Nutrition Information (per 1/8 recipe):

Calories: 266 Fat: 5.2 g Carbs: 19.1 g Protein: 32.1 g Fiber: 2.5 g Sodium: 587.8 mg

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