

# Turkey with Wild Rice

Louise Rousseau Brunner  
Casserole Treasury (1964)

## Servings: 6

2 cups cooked turkey, diced medium small  
1 cup raw wild rice  
1/2 pound sliced mushrooms, sauteed lightly  
1 1/2 cups heavy cream  
2 1/2 cups turkey stock or gravy thinned with chicken broth  
2 tablespoons chopped chives  
salt (to taste)  
pepper (to taste)  
1/2 cup Parmesan cheese, grated  
1 tablespoon butter

Preheat the oven to 350 degrees.

Wash the rice in several waters and let it soak in cold water for one or two hours.

Drain the rice well. In a bowl, mix the rice with the turkey, mushrooms, cream, 1-1/2 cups of turkey stock, chives, salt and pepper. Place the mixture in a buttered casserole and cover.

Bake for one hour.

Add the remaining turkey stock.

Bake for 25 to 35 minutes longer or until the liquid is absorbed and the rice is tender and fluffy when stirred with a fork.

Sprinkle the top with cheese. Dot with bits of butter.

Broil to a golden brown.

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Per Serving (excluding unknown items): 342 Calories; 28g Fat (74.2% calories from fat); 18g Protein; 4g Carbohydrate; trace Dietary Fiber; 127mg Cholesterol; 200mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat.

Turkey

## Per Serving Nutritional Analysis

Calories (kcal):	342	Vitamin B6 (mg):	.3mg
% Calories from Fat:	74.2%	Vitamin B12 (mcg):	.4mcg

% Calories from Carbohydrates: 4.3%  
 % Calories from Protein: 21.5%  
 Total Fat (g): 28g  
 Saturated Fat (g): 17g  
 Monounsaturated Fat (g): 8g  
 Polyunsaturated Fat (g): 2g  
 Cholesterol (mg): 127mg  
 Carbohydrate (g): 4g  
 Dietary Fiber (g): trace  
 Protein (g): 18g  
 Sodium (mg): 200mg  
 Potassium (mg): 335mg  
 Calcium (mg): 145mg  
 Iron (mg): 1mg  
 Zinc (mg): 2mg  
 Vitamin C (mg): 2mg  
 Vitamin A (i.u.): 1037IU  
 Vitamin A (r.e.): 287RE

Thiamin B1 (mg): .1mg  
 Riboflavin B2 (mg): .3mg  
 Folic Acid (mcg): 15mcg  
 Niacin (mg): 4mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Daily Value

## Food Exchanges

Grain (Starch): 0  
 Lean Meat: 2 1/2  
 Vegetable: 1/2  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 5  
 Other Carbohydrates: 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 342      Calories from Fat: 254

### % Daily Values\*

**Total Fat** 28g 44%  
     Saturated Fat 17g 85%  
**Cholesterol** 127mg 42%  
**Sodium** 200mg 8%  
**Total Carbohydrates** 4g 1%  
     Dietary Fiber trace 2%  
**Protein** 18g

**Vitamin A** 21%  
**Vitamin C** 4%  
**Calcium** 15%  
**Iron** 8%

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