



South of the Border Turkey Dinner

Serves: 4

- 1 bag steamers brown rice
 - 1 pound ground turkey, cooked and crumbled
 - 1 can (11 ounces) southwestern corn blend
 - 1 cup prepared salsa
- Prepare rice according to package directions.
In medium microwave-safe bowl, combine turkey, corn and salsa. Microwave on HIGH for 2 minutes. Stir in rice.

Tips:

- Add 1 cup shredded Monterey Jack cheese.
- Use as filling in tortillas and top with shredded lettuce and chopped tomatoes.
- Roll into burrito-sized tortillas and serve with sour cream.



Cheesy Chicken Broccoli & Cheese Casserole

Serves: 4

- 1 bag steamers broccoli and cheese rice
- 1 can (10 3/4 ounces) cream of chicken soup
- 6 ounces (about 1 cup) cooked, diced chicken
- 1/2 cup milk

Prepare rice according to package directions.

In medium microwave-safe dish, combine soup, chicken and milk. Microwave on HIGH for 2 minutes. Stir in rice.



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