

# The Art of Cuisine



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## Spanish Turkey and Rice Casserole

A traditional baked casserole with a healthful proportion of vegetables, this recipe is light enough to serve in warm weather.

- 1 box (6 oz.) quick-cooking brown rice (1 2/3 cups)
- 1 small onion, chopped
- 1 Tbsp. extra virgin olive oil
- 1 can (14.5 oz.) stewed tomatoes
- 1 can (14.5 oz.) fat-free, reduced sodium chicken or vegetable broth
- 1 tsp. paprika
- 1/2 tsp. dried oregano
- 1/2 tsp. freshly ground black pepper
- 1 jar (7 oz.) roasted red peppers, drained and chopped
- 1 large, skinless, boneless turkey breast (about 3/4 lb.), cut into 1-inch pieces
- 1 bay leaf
- 1/2 cup frozen green peas
- Salt, to taste (optional)

Preheat oven to 375 degrees.

In a 2-quart casserole dish, combine rice, onion, and oil. Add tomatoes, broth, paprika, oregano, ground pepper, roasted peppers, turkey, and bay leaf. Stir, then cover and bake casserole for 25 minutes.

Stir in peas and continue to bake, uncovered, for an additional 25 minutes or until broth is absorbed. Remove bay leaf and serve.

Makes 6 servings

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