

## **Turkey and Wild Rice Casserole**

4T. cold pressed olive oil  
1 med onion, chopped  
1 med bell pepper, diced  
2 stalks celery, chopped  
¾ pound fresh turkey cutlets, cubed (ground turkey can also be used)  
8 oz canned water chestnuts, drained and sliced

1 c. wild rice  
16 oz chicken broth (fresh or canned, unsweetened, low salt)

2 tbsp brown rice flour  
1 tsp garlic powder  
1 tsp fresh sage, chopped

Preheat oven to 350 degrees. Rinse wild rice in colander under cold running water. Heat oil in an 8-inch skillet. Add onion, pepper, celery and turkey; sauté until browned. Add water chestnuts, rice and broth, mix. Add flour and seasonings; mix until well blended. Pour mixture into a 3-quart casserole dish. Cover; bake 45 minutes.