



**Kid Critics Approved Product:  
Good Health Natural Foods Veggie Stix**



## Ground Turkey Casserole

by Healthy Recipe Mom, Diane

**PREHEAT:** 350 degrees F

**PANS/EQUIPMENT:** 11x7 baking dish, large bowl

**PREP TIME:** 10 minutes

**COOK TIME:** 40 minutes

**NUMBER OF SERVINGS:** 4 or more depending on ages

**3 cups cooked ground turkey (no antibiotics)**

**2 cups frozen mixed veggies**

**2 cups chopped broccoli (frozen or fresh)**

**2 (10.75 ounce) cans Amy's Organic Cream of Mushroom Soup**

**1/2 cup chopped onion**

**1/4 teaspoon garlic powder**

**1/4 teaspoon celery seed**

In a large bowl, combine all ingredients. Transfer to a greased 11x7 in baking dish. Bake uncovered at 350 degrees F for 30-35 minutes or until heated through.

**1 cup shredded cheese**

**1 cup chopped Veggie Stix, Good Health Natural Foods**

Sprinkle shredded cheese on top of casserole and add the chopped Veggie Stix on top. Place in oven and heat until cheese is melted. Serve warm.

**FAMILY COMMENTS:** "My family loved this recipe! It was all gone the same evening-no leftovers! I loved being able to hide so many veggies in the dish without any complaints."

**RECIPE SOURCE:** Diane's recipe

**4 GOD-MADE FOOD COLORS:** Tan, green, orange, white, yellow

**4 FOOD GROUPS:** Poultry, vegetables, spices, dairy