

Activity

Recipe Basics

Recipe Formats

Directions: The recipe below was written in a nonstandard format. Analyze the recipe and rewrite it in the space below using the standard format.

Low-Fat Turkey Casserole

Rinse 6 ounces of uncooked wild rice in three changes of hot water. Drain the rice and set it aside. Bring 3 cups of canned low-sodium chicken broth to boil in a medium saucepan. Stir in 3 cups sliced fresh mushrooms. Reduce heat and simmer for 5 minutes. Remove mushrooms with a slotted spoon. Add rice to pan; stir well. Cover and cook 1 hour and 5 minutes or until liquid is absorbed.

Combine rice, mushrooms, 3 cups of chopped cooked turkey (skinned before cooking and cooked without fat), $\frac{2}{3}$ cup commercial oil-free Italian salad dressing, and 1 cup low-fat sour cream. Spoon into a 2-quart baking dish coated with cooking spray. Bake, uncovered, at 325 degrees for 45 minutes. Let stand 10 minutes before serving.

Yield: 6 servings (298 calories per serving).

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