

Riyeñu (CHamoru Stuffing)

Makes
15 servings

Prep time
30 minutes

Cook time
60 minutes

Good source of
Fiber
Protein

Ingredients:

- 3 potatoes, peeled, cubed & boiled
- 1 loaf whole-wheat bread
- 2 Tbsp. vegetable oil
- 2 cloves garlic, chopped
- 1 small onion, diced
- 3 stalks celery, sliced
- 1 lb. ground turkey
- ½ cup low-sodium chicken broth
- 1 jar (2 oz) diced pimentos, rinsed/drained
- 1 can (4.25 oz) chopped olives
- 1 can (6 oz) whole, ripe olives, drained
- 1 tsp. black pepper
- ½ tsp. salt
- 1 tsp. dried parsley flakes (*optional*)
- ½ cup dried raisins

Nutrition Facts

15 servings per container
Serving size 1 cup (159g)

Amount per serving
Calories **240**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 410mg **18%**

Total Carbohydrate 33g **12%**

Dietary Fiber 2g **7%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 13g

Vitamin D 0mcg **0%**

Calcium 105mg **8%**

Iron 3mg **15%**

Potassium 442mg **10%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



Riyeñu (CHamoru Stuffing)

Directions:

Prepare potatoes by peeling and cutting into 1-inch cubes. Boil in water and cook to al dente (firm), about 8 minutes. Strain & rinse under cold water and let cool.

Prepare bread crumbs:

1. Preheat oven to 300°F.
2. Using a serrated knife, cut bread into ½-inch cubes.
3. Arrange all cubes on a baking sheet in a single layer and bake for 10-15 minutes, until golden brown, stirring once or twice. Remove and let cool.

Recipe directions:

1. Heat vegetable oil in a large skillet over medium heat. Add onions, garlic, and celery. Cook for 2-3 minutes.
2. Add ground turkey and cook until brown, an additional 5 minutes.
3. Add chicken broth, pimentos, olives, black pepper, salt, parsley flakes, raisins, toasted bread & potatoes. Mix well, simmer for 15 minutes, stirring occasionally.
4. Serve as is or place in a baking dish and bake, covered, at 350°F for 20 minutes.

