

Eat Smart • Move More

Southwestern Turkey Casserole

Prep Time: 15 minutes

Total Time: 1 hour 15 minutes



Ingredients

- 1 teaspoon canola oil
- 1 onion, chopped
- 1 bell pepper, chopped
- 1 pound lean ground turkey
- 10 ounces frozen corn kernels, thawed
- 8 ounces canned low-sodium diced tomatoes
- 1 cup 1% milk
- ½ cup cornmeal
- 2 tablespoons chili powder
- 1 teaspoon garlic powder
- Nonstick cooking spray
- ¾ cup reduced fat cheddar cheese, shredded

Directions

- In a skillet, heat oil over medium heat. Add onion and bell pepper and sauté for approximately 3 minutes.
- Add ground turkey to skillet and cook until browned.
- Pour corn, tomatoes, and milk into the skillet. Stir well.
- Stir in cornmeal, chili powder, and garlic powder.
- Heat oven to 350°F and coat a baking dish with nonstick cooking spray. Pour mixture into baking dish and cover with aluminum foil.
- Bake for 45 minutes. Uncover and bake for 20 minutes more.
- For the last 5 minutes of baking, sprinkle cheese over the dish. It is ready when a knife inserted in the center comes out clean.

Nutrition Facts

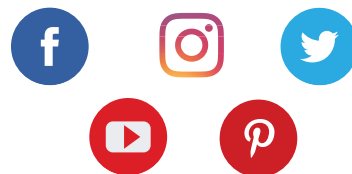
6 servings per container	
Serving size	1 serving (267.4g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 280mg	12%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes g of Added Sugars	
Protein 29g	
Vitamin D 1mcg	4%
Calcium 207mg	15%
Iron 3mg	15%
Potassium 529mg	10%

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

Quick Tips

- ▶ Always wash produce before cutting.
- ▶ You can replace frozen corn with canned corn. Remember to drain and rinse all canned vegetables. Draining and rinsing may remove up to 40% of the excess sodium.

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

(Recipe adapted from: <http://www.epicurious.com>.)

www.eatsmartmovemoreva.org