

Eat Smart • Move More

Turkey Skillet Dinner

Prep Time: 5 minutes

Total Time: 30 minutes



Ingredients

- 1 pound lean ground turkey
- 1 ½ cups water
- ⅓ onion, chopped
- 8 ounces canned low-sodium corn, drained and rinsed
- 8 ounces canned no salt added tomato sauce
- ¾ cup whole-wheat pasta
- 2 teaspoons cornstarch
- 1 teaspoon garlic powder
- 1 teaspoon ground black pepper
- 1 low-sodium beef bouillon cube
- ½ cup reduced fat cheddar cheese, shredded

Directions

- Brown ground turkey in a skillet over medium heat. Drain. Return meat to the skillet.
- Stir in water, onion, corn, tomato sauce, pasta, cornstarch, garlic powder, black pepper, and bouillon cube.
- Bring the mixture to a boil. Cover and simmer for 10 minutes.
- Remove cover and simmer until pasta is tender, stirring occasionally. NOTE: To ensure the ground turkey is cooked thoroughly, the internal temperature should reach 165°F.
- Top with cheese. Serve warm.

Nutrition Facts

5 servings per container

Serving size

**1 serving
(297.99g)**

Amount per serving

Calories

280

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 160mg **7%**

Total Carbohydrate 26g **9%**

Dietary Fiber 4g **14%**

Total Sugars 5g

Includes g Added Sugars

Protein 24g

Vitamin D 0mcg 0%

Calcium 123mg 10%

Iron 2mg 10%

Potassium 458mg 10%

*The % Daily Value (DV) 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.

Quick Tips

- ▶ Any ground meat of your choice can be used in place of turkey. Using other ground meats may increase the amount of saturated fat.
- ▶ Try adding new vegetables, such as spinach or zucchini, to get the most nutrition out of this dish.

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(Recipe adapted from: Faithful Families, North Carolina State University, 2019.)

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