Eat Smart • Move More

Turkey Skillet Dinner

Prep Time: 5 minutes

Total Time: 30 minutes



Ingredients

1 pound lean ground turkey

- 1¹/₂ cups water
- $\frac{1}{3}$ onion, chopped
- 8 ounces canned low-sodium corn. drained and rinsed
- 8 ounces canned no salt added tomato sauce
- ³/₄ cup whole-wheat pasta
- 2 teaspoons cornstarch
- 1 teaspoon garlic powder
- 1 teaspoon ground black pepper
- 1 low-sodium beef bouillon cube
- $\frac{1}{2}$ cup reduced fat cheddar cheese, shredded

| (297.99g Amount per serving Calories 280 % Daily Value Total Fat 11g 14% Saturated Fat 3.5g 18% <i>Trans</i> 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% | | |
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| Protein 24g Vitamin D 0mcg 0% | Total Sugars 5g | |
| Vitamin D 0mcg 0% | Includes g Added Sugars | |
| | Protein 24g | |
| Calcium 123mg 10% | Vitamin D 0mcg | 0% |
| | Calcium 123mg | 10% |
| Iron 2mg 10% | Iron 2mg | 10% |

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|-----------------|-----|
| Iron 2mg | 10% |
| Potassium 458mg | 10% |

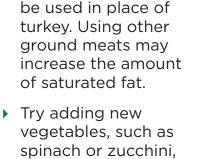
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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.

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

• Top with cheese. Serve warm.



Quick Tips

of your choice can

Any ground meat

vegetables, such as spinach or zucchini, to get the most nutrition out of this dish.

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