

Ginger Stir-Fried Turkey with Veggies and Pasta

SERVES 4

Ingredients

FRESH PRODUCE

1 **small onion** | sliced

MEAT

1 pound **ground turkey**

FROZEN VEGGIES

1 16-ounce bag **frozen bell peppers**

SPICES AND OILS

2 tablespoons **low-sodium soy sauce**

¼ cup **water**

1 teaspoon **garlic powder**

1 teaspoon **ground ginger**









1 tablespoon **cornstarch**

1 tablespoon **olive oil**

GRAINS

2 cups uncooked **whole wheat pasta**





EQUIPMENT

-  Cutting board
-  Vegetable peeler
-  Spatula or spoon
-  Measuring spoons
-  Knife
-  Large pan
-  Large pot
-  Measuring cups

MIX IT UP AND MAKE IT YOUR OWN

- We chose to feature ground turkey in this recipe. You can choose to substitute with ground chicken, diced chicken breast, or ground beef or pork. We encourage you to try chicken or turkey as they are lower in fat and the best choices when it comes to a medically tailored diet.
- If you are vegetarian, this is also delicious with tofu, tempeh or eggplant. Cube your chosen alternative and follow the recipe as described.
- Feel free to swap the bell peppers for a different vegetable if you prefer. Broccoli, cauliflower, green beans, snow peas, and asparagus are all examples of vegetables that will work well in this dish.
- You can enhance the flavor of this dish by increasing the amount of ginger and garlic powder by a half teaspoon each. A pinch or two of red pepper flakes will add a touch of heat and a few sliced up green onions for garnish at the end will brighten the entire dish.

Directions

- 1 Measure 6 cups of water into a pot and bring to a boil.
 - 2 While the water comes to a boil, mix the **soy sauce**, water, **garlic powder**, **ground ginger** and **cornstarch** in a small bowl and set it to the side.
 - 3 When water is boiling, add **pasta**.
-  Cook per package instructions.
- 4 While pasta is cooking, thinly slice **onion**.
 - 5 Heat a large pan over medium-high heat. Add **olive oil** to the pan to coat the bottom and then add **onions and bell peppers**.
-  Cook for 5 minutes, stirring as needed until onions become translucent.
- 6 Add the **turkey** to the pan.
-  Cook for 5–7 minutes, breaking up with your spoon or spatula.
- 7 Pour the sauce over the turkey and veggie mixture and stir to combine.
-  Cook for 1 more minute.
- 8 Taste and adjust seasoning as desired.
 - 9 Serve $\frac{1}{4}$ of your veggies and turkey over $\frac{1}{3}$ cup of pasta.
 - 10 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

NOTES

Nutrition Facts

1 serving per container
Serving size
1 each

Calories
per serving **510**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 20g	25%	Total Carbohydrate 58g	21%
Saturated Fat 4.5g	22%	Dietary Fiber 11g	38%
Trans Fat 0g		Total Sugars 12g	
Cholesterol 85mg	28%	Includes 0g Added Sugars	0%
Sodium 370mg	16%	Protein 31g	

Vitamin D 0.2mcg 0% • Calcium 80mg 6% • Iron 4.9mg 25%
Potassium 1020mg 20% • Phosphorus 490mg 40%

*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.

INGREDIENTS: BELL PEPPER, GROUND TURKEY (85/15), WHOLE WHEAT PENNE [WHOLE GRAIN DURUM WHEAT FLOUR], ONION, REDUCED SODIUM SOY SAUCE [WATER, SOYBEANS, WHEAT, SALT, LACTIC ACID, SODIUM BENZOATE (PRESERVATIVE)], OLIVE OIL, GARLIC POWDER, GINGER

CONTAINS: WHEAT, EGGS, SOYBEANS