

## Ground Turkey and Potato Plate

### Ingredients:

- 1 onion
- 1/2 pound ground turkey
- 1 cup ketchup, low sodium
- 4 medium potatoes
- 4 ounces cheddar cheese,  
low-fat

### Equipment:

- Cutting board
- Knife
- Non stick skillet with lid
- Microwave safe baking dish
- Grater
- Measuring cups
- Measuring spoons

### Directions

1. Cut the ends off of the onion, remove brown layers and rinse. Cut in half lengthwise and place flat side down. Slice into strips keeping onion together. Turn 1/4 and slice again to make dice. Chop up any large pieces.
2. In large skillet, brown ground turkey and onion together over medium heat 8 to 10 minutes or until turkey is no longer pink, breaking up into crumbles. Remove from skillet to plate covered with paper towels to remove fat. Return turkey to skillet.
3. Add ketchup to skillet; cover and simmer over medium-low heat 10 minutes.
4. Meanwhile pierce potatoes in several places with fork. Place on baking dish in microwave oven. Microwave on HIGH 10 to 11 minutes or until tender, rearranging potatoes halfway. TIP: Some potatoes may become tender before this - start checking a few minutes before time is up.
5. While turkey and potatoes are cooking, shred cheese with a grater. Set aside.
6. Cut potatoes lengthwise into quarters. Cut each quarter crosswise in half. Arrange 4 pieces potato on each serving plate; top with turkey mixture.

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### Nutrition Facts

Serving Size: 1/2 cup turkey mix w/1 potato  
 Servings: 4

Amount Per Serving		Calories from Fat 63	
		%Daily Value*	
<b>Total Fat</b> 6g			11%
Saturated Fat 3g			13%
Cholesterol 51mg			17%
Sodium 247mg			10%
<b>Total Carbohydrate</b> 41g			14%
Dietary Fiber 3g			14%
<b>Protein</b> 21g			41%
Vitamin A 13%	Vitamin C 58%		
Iron 12%	Calcium 15%		

\*Percent Daily Values are based on a 2,000 calorie diet.

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