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 ¼ 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.

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

Amount Per Serving
Calories 303
Calories from Fat 63
Total Fat 6g 11%
Saturated Fat 3g 13%
Cholesterol 51mg 17%
Sodium 247mg 10%
Total Carbohydrate 41g 14%
Dietary Fiber 3g 14%
Protein 2g 41%

Vitamin A 13% 
Vitamin C 56%
Iron 12% 
Calcium 15%

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