

# Recipes

## **Southwestern Casserole**

#### **Ingredients:**

- cup onion, chopped
  each green pepper, chopped
  cloves garlic, minced
  teaspoon vegetable oil
  4 pound ground turkey
  ounces low sodium tomatoes, canned
   ounces corn, frozen, thawed
   cup milk, 1% low-fat
   cup cornmeal
   tablespoons chili powder
- 3/4 cup cheddar cheese, low-fat, shredded

### Directions

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- 1. Preheat oven to 350°F.
- 2. In a large skillet, sauté onion, pepper, and garlic in oil for approximately 3 minutes.
- 3. Add ground turkey to skillet and cook until browned. Drain excess fat from turkey.

**Equipment:** 

Non stick skillet Cutting board

Measuring cups

Measuring spoons

2 guart baking dish

Number of Servings: 6

Prep Time: 15 minutes

Total Time: 1 hour and

15 minutes

Knife

Grater

Can opener

- 4. Pour tomato sauce, corn, and milk into the skillet. Stir well and heat through. Stir in cornmeal and chili powder.
- 5. Pour into well-greased 2-quart casserole pan and cover with aluminum foil.
- 6. Bake for 45 minutes. Uncover and bake for 20 minutes more.
- 7. For the last 5 minutes of baking, sprinkle cheese over the dish.
- 8. It's ready when a knife inserted in center comes out clean.

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Nutrition Facts Serving Size: 3/4 cup Servings: 6		
Amount Per Serving		
Calories 295	Calories from I	Fat 90
	%Daily V	/alue*
Total Fat 10g		15%
Saturated Fat 3g		14%
Cholesterol 59mg		20%
Sodium 231mg		10%
Total Carbohydrate 33g 119		11%
Dietary Fiber 5g		19%
Protein 22g		44%
Vitamin A 33%	Vitamin C	42%
Iron 14%	Calcium	17%
"Percent Daily Values are based on a 2,000 calorie diet.		