Southwestern Casserole

**Ingredients:**
1 cup onion, chopped
1/2 each green pepper, chopped
2 cloves garlic, minced
1 teaspoon vegetable oil
3/4 pound ground turkey
8 ounces low sodium tomatoes, canned
10 ounces corn, frozen, thawed
1 cup milk, 1% low-fat
1/2 cup cornmeal
2 tablespoons chili powder
3/4 cup cheddar cheese, low-fat, shredded

**Equipment:**
Non stick skillet
Cutting board
Knife
Can opener
Measuring cups
Measuring spoons
Grater
2 quart baking dish

**Directions**
1. Preheat oven to 350ºF.
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.
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.

**Nutrition Facts**

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