

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

Number of Servings: 6
 Prep Time: 15 minutes
 Total Time: 1 hour and 15 minutes

Directions

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.
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	
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Amount Per Serving	
Calories 295	Calories from Fat 90
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	%Daily Value*
Total Fat 10g	15%
Saturated Fat 3g	14%
Cholesterol 50mg	20%
Sodium 231mg	10%
Total Carbohydrate 33g	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.	

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