

Lynette's Ground Turkey Recipe

This recipe makes lean ground turkey that can be served hot one night for supper and cold on your salad the next day for lunch.



INGREDIENTS:

- 1 lb extra-lean ground raw turkey
- Cilantro Leaves
- Italian Seasoning
- Crushed Red Pepper
- Minced Garlic
- Cayenne Pepper
- Chopped green onions (2 bunches)

METHOD:

Mix all ingredients in a skillet and cook over medium heat until fully cooked. All seasonings should be added to taste and can range from mild in flavor to hot & spicy!

YIELD:

Makes 4 servings. Each serving is 5 oz.

This ground turkey dish can be used as a protein serving for any of your six meals throughout the day. Some of the ways I use this turkey are as follows:

1. One 5 ounce serving of ground turkey and 1/3 cup cooked brown rice.
2. One 5 ounce serving of ground turkey on a bed of two cups of lettuce with salsa as a dressing.
3. One 5 ounce serving of ground turkey on a small whole wheat flour tortilla with 1 ounce of reduced or non-fat cheese and salsa. Add lettuce, tomato, fat-free sour cream, etc... as desired.

I am sure you will find many other ways to use this turkey when putting together your clean eating menu each day. I cook two pounds of turkey every Sunday and separate it into 5 ounce containers at that time. By doing this, I can grab a container and through it in my cooler to ensure I have the perfect portion of protein no matter where I end up throughout the day. My husband and kids have discovered my turkey and I will most likely have to start cooking more each weekend! (Which is a really good thing, since this is a great source of lean protein for everyone!)