

## QUICK TURKEY MEATBALLS WITH SPAGHETTI SAUCE

- |                              |   |
|------------------------------|---|
| 1 pound ground turkey breast | 1 tablespoon Italian seasoning  |
| 1 egg                        | 1 teaspoon instant minced onion   |
| 3 tablespoons ketchup        | 1 (24 ounce) jar spaghetti sauce  |
| 1/8 teaspoon black pepper    | 12 ounces spaghetti noodles,<br>cooked according to package<br>directions |
| 1/2 cup dry breadcrumbs      |   |
| 1/8 teaspoon garlic powder   |   |



1. Wash hands.
2. In a medium bowl combine the ground turkey, egg, ketchup, pepper, bread-crumbs, garlic powder, Italian seasoning and onion. Mix well.
3. Shape into 12 balls about the same size. In a microwave-safe baking dish with 2-inch sides, arrange meatballs so they are not touching each other. Cover loosely. Microwave on high for 5 minutes.
4. Wash hands.
5. Pour spaghetti sauce over the meatballs, cover loosely and microwave 10 more minutes.
6. Serve meatballs and sauce over noodles.

**Serves 6**

**Nutritional Analysis per serving:** calories 417, protein 29 g, fat 5 g (saturated 1 g), cholesterol 71 mg, sodium 724 mg, carbohydrate 62 g, fiber 4 g

## IOWA'S GRILLED TURKEY TENDERLOIN

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|--------------------------------|-------------------------------------|
| 1 pound Turkey Tenderloins     | 2 tablespoons dehydrated onion      |
| 2 tablespoons lemon juice      | 1/4 teaspoon ginger                 |
| 1/4 cup soy sauce              | Dash of pepper and garlic<br>powder |
| 1/4 cup vegetable oil          |                                     |
| 1/4 cup dry sherry or red wine |                                     |

1. Wash hands.
2. Cut turkey into 3-4 ounce serving size. Blend all ingredients together and marinate turkey in a covered container in the refrigerator for several hours.
3. Cook turkey as desired; grilled over hot coals 6-8 minutes per side, broiled in the oven, bake or in a table top grill. Cook until middle is no longer pink and the internal temperature reaches 170°.



**Makes 4 servings**

**Nutritional Analysis per serving:** calories 166, protein 25.7 g, fat 6.3 g (saturated 1.2 g) cholesterol 58 mg, sodium 257 mg, carbohydrate 1 g, fiber .1 g

## SIMPLE SLOW COOKER TURKEY BREAST

- |                                   |               |
|-----------------------------------|---------------|
| 1 (4-8 pound) turkey breast       | Garlic powder |
| 1 large onion sliced              | Black pepper  |
| 1 envelope dry ranch dressing mix |               |

1. Wash hands.
2. Place sliced onions in the bottom of the slow cooker.
3. Remove the skin from the turkey breast. Place in a slow cooker.
4. Season the breast well with garlic powder, black pepper and an envelope of dry ranch dressing mix.
5. Wash hands.
6. Cover with the lid and cook on low for 8 hours and the internal temperature has reached 170°.
7. Let the breast stand for 20 minutes before carving.



**4 servings per pound** – varied based on weight of the turkey breast

**Nutritional Analysis per serving:** calories 120, fat 1 g, saturated fat 0g, cholesterol 55 mg, protein 26 g, iron 8%dv

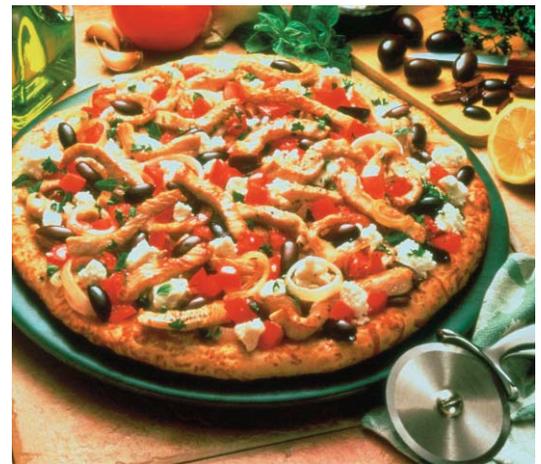
## GREEK PIZZA

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|--|--|
| 1 cup cooked turkey, cubed or shredded                           | 1 cup chopped tomato                     |
| 1 tablespoon Greek Seasoning                                     | 12 large black olives sliced in half     |
| 1 cup thinly sliced red onion, sautéed in 1 tablespoon olive oil | 1 (6 ounce) package crumbled Feta cheese |
|  | 1 pre-made pizza crust                   |

1. Wash hands.
2. Toss Greek seasoning with cooked turkey.
3. Arrange turkey, onions, tomatoes and olives on a premade pizza crust. Top with Feta Cheese.
4. Bake in a preheated 450° F. oven for 5-10 minutes.

**Serves 6**

**Nutritional Analysis per serving:** calories 364, protein 18 g, fat 12 g (saturated 4 g) cholesterol 36 mg, sodium 518 mg, carbohydrate 45 g, fiber 2.7 g



## TEX-MEX PIZZA

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|--|--|
| 1/2 can (8 oz.) fat-free refried beans | 1/4 cup jalapeno pepper rings            |
| 1/4 cup salsa                          | 2 cups shredded iceberg lettuce          |
| 1 (12-inch diameter) pizza shell       | 1 cup cubed tomatoes                     |
| 1 cup cooked turkey, shredded          | 1 can (2 oz) chopped olives, drained     |
| 2 tablespoons taco seasoning           | Handful of crushed Nacho chips, optional |
| 1 cup grated Monterey Jack cheese      |  |



1. Wash hands.
2. In a medium bowl combine refried beans and salsa.
3. Place pizza shell on a baking pan. Spread bean mixture over shell.
4. Toss turkey with taco seasoning. Spread over refried beans.
5. Top with grated cheese and jalapeno peppers.
6. Bake at 450° F. 5 to 10 minutes or until cheese is melted.
7. To serve top with lettuce, tomatoes and olives. If desired Nacho chips.

**Yield 6 servings.**

**Nutritional Analysis per serving:** calories 381, protein 20 g, fat 10 g (saturated 4 g) cholesterol 32 mg, sodium 709 mg, carbohydrate 51 g, fiber 4.6 g