

RECIPE



Stir Fried Turkey with Thyme, Kale and Mushrooms



1 pound thinly sliced turkey cutlet
5-6 cups kale, coarsely chopped
10 oz of bella cremini mushrooms, sliced
6 Thyme sprigs
4 scallions, sliced
2 T toasted sesame oil
2 T reduced sodium soy sauce
Hot pepper flakes to taste

Preparation: In large skillet, add 1 T of sesame oil and cook on medium heat until hot. Place turkey cutlets and thyme in pan, cook 2 minutes on each side. Add 1 tablespoon of soy sauce and mushrooms, cook another 3 minutes until turkey and mushrooms are thoroughly cooked.

Add 3-4 cups of kale and cook about 1 minute, until slightly wilted. Add remaining soy sauce and kale, cook until slightly wilted. Immediately remove from heat. Take out the thyme sprigs before serving. Serve over brown rice. Note: ground turkey breast can be used in place of cutlets.

Makes about 3 servings. Nutrition information per serving (with 1/2 cup brown rice):
454 calories, 37 g protein, 12 g fat, 6 g fiber, 42 g of carbs, 2 grams of sugar, 538 mg of sodium, 1488 mg potassium, 417% of daily value for vitamin A, 282% of daily value for vitamin C, 17% of daily value for vitamin D, 22% of daily value for calcium