



## Week 2 Healthy Recipe:

### *Spicy Stir-Fried Turkey and Greens*



**This easy recipe combines fragrant spices, colorful veggies and savory turkey in a creamy sauce for another great addition to your list of 30-minute meals.**

Makes 4 servings / Total Time: 30 minutes

#### **Ingredients**

1 tablespoon of canola oil or vegetable oil  
2 medium red sweet peppers, cut into 1-inch pieces  
1 small onion, cut into 1/2-inch-thick wedges  
2 cloves of garlic, minced  
1 pound of uncooked ground turkey  
2 to 3 teaspoons of curry powder  
1 1-inch piece of fresh ginger, grated  
1/2 teaspoon of salt  
1/2 teaspoon of freshly ground black pepper  
6 cups of fresh spinach  
2 to 4 tablespoons of water  
1 6 oz carton of plain low-fat yogurt  
4 cups of hot cooked couscous  
Slivered almonds, toasted (optional)

#### **Directions**

- In a wok or large heavy skillet heat oil over medium-high heat. Add sweet peppers and onion. Cook and stir for 3 minutes. Add garlic; cook and stir for 1 minute. Remove vegetables from wok.

-Add turkey, curry powder, ginger, salt, and black pepper to hot wok. Cook and stir about 5 minutes or until turkey is no longer pink, using a wooden spoon to break up turkey as it cooks.

-Add spinach, the water, and vegetables to mixture in wok; cook just until spinach is just wilted. Stir in yogurt. Serve immediately over hot cooked couscous. If desired, sprinkle with slivered almonds.

#### **Nutrition Information**

Per serving: 479 calories; 48 g carbohydrates; 19 g fat (5 g sat, 8 g mono); 29 g protein; 91 mg cholesterol; 5 g dietary fiber; 599 mg potassium; 426 mg sodium. Nutrition bonus: 8 mg Niacin, 90 mg Vitamin C, 147 µg Folate, 185 mg Calcium, 1 µg Vitamin B12, 4 mg Iron, 6010 IU Vitamin A  
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