

Cauli-dilla Stuffing

Branch Area Careers Center



Ingredients

- 1 tsp. olive oil
- 1/4 c red onion, diced small
- 1/2 c carrot, diced small
- 1/4 c red bell pepper, diced small
- 1/4 lb ground turkey, extra lean
- 1 minced garlic clove
- 1/2 c corn
- 1/4 tsp dried basil
- 1/8 tsp. salt and pepper each

Directions

Heat oil over medium high heat in a large saucepan. Add onion, carrots and bell pepper, sauté until tender. Add turkey and garlic, continue cooking over medium heat, stirring occasionally until the internal cooking temperature reaches 165 degrees. Add corn and seasonings. Simmer 3-5 minutes.

Serve with Cauliflower Tortilla and Pineapple Rice

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings 2

95

2g

0

7mg

258mg

16g

4g

5g