



Turkey Sloppy Joes

Makes 4 servings

Ingredients

- 2 teaspoons canola oil
- 12 ounces ground turkey
- 2 cups chopped spinach
- 1 cup diced onion
- 1 ½ teaspoons ground thyme
- 1 teaspoon garlic powder
- ¼ teaspoon ground sage
- ¼ teaspoon freshly ground black pepper
- 4 ounces sliced mushrooms
- 1 ½ cups no-salt-added tomato sauce
- 2 tablespoons tomato paste
- 4 whole-grain hamburger buns

Directions

1. In a large skillet, heat oil over medium-high heat. Add turkey and cook, breaking up the meat, until lightly browned (about 6 to 9 minutes). Add spinach, onion, thyme, garlic, sage, black pepper and mushrooms. Cook for 5 to 6 minutes, stirring occasionally.
2. Add tomato sauce and paste. Stir. Reduce heat to medium-low and simmer for 5 to 7 minutes, until thickened. Remove from heat.
3. Scoop ¾ cup turkey mixture on each bun. Serve warm.



TIP

Want a lower-carb option? Ditch the bun and serve the turkey mixture on shredded lettuce instead.*

*Option not included in nutrition facts.

♥ = heart smart

⊗ = low sodium

Visit allinahealth.org/recipes for more healthful recipe ideas.

© 2017 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM.
OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS

nutr-ah-57737 (2/17)

Nutrition Facts

Serving Size 1 bun with 3/4 cup sloppy joe mix (329g)
Servings Per Container 4

Amount Per Serving

Calories 330 **Calories from Fat** 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 320mg **13%**

Total Carbohydrate 35g **12%**

Dietary Fiber 7g **28%**

Sugars 10g

Protein 23g

Vitamin A 50% • **Vitamin C** 35%

Calcium 15% • **Iron** 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat

Carb choices per serving: 2