

# Ottoman Omelet



## Ingredients

- ¾ Cup onion, minced
- 2½ Tablespoons butter
- 3 Cups O'Brien potatoes (diced potatoes with green and red bell peppers)
- 8 Ounces turkey pastrami, shredded or sliced in ribbons
- 12 Eggs
- 1½ Cups light sour cream
- 2 Teaspoons hot sauce
- 2 Tablespoons parsley, minced

## Preparing the Ingredients

1. Place onion and 2 Tablespoons butter in frying pan over medium to medium-high heat; cook until onion is tender.
2. Add potatoes and cook until golden brown; stirring occasionally.
3. Add pastrami and warm until heated through. Then reduce heat so that items are kept warm.
4. Break eggs in a bowl.
5. Pour eggs into a blender and add sour cream and hot sauce; mix until smooth.

## Making the Omelets (one at a time)

1. Melt ½ Tablespoon of butter in sauté pan over high heat.
2. Add a ladle of egg mixture and a portion (1/6th) of the potato mixture and cook until eggs are firm. (*Optional:* Remove the pan from the stove and finish cooking omelet under the broiler.)
3. Sprinkle omelet with a pinch of parsley.

Recipe courtesy of Marilyn McAlpine, Stillwater, MN

*Approximate Nutrition Information Per Serving: Calories 440; Total Fat 27g; Sat. Fat 13g; Trans Fat 0g; Cholesterol 435mg; Sodium 840mg; Total Carbohydrate 24g; Protein 22g*

Servings:  
6

# Turkey Ham & Bean Casserole



## Ingredients

- 1 Can (15 oz.) reduced sodium black beans
- 1 Can (15 oz.) navy beans
- 1 Can (15 oz.) light red kidney beans
- 3 Cups turkey ham, cut into ½” cubes
- 1 Can (15 oz.) crushed tomatoes
- 1½ Cups fresh sliced carrots, crinkle cut
- 1 Large Vidalia onion, coarsely chopped
- 2 Cloves garlic, finely chopped
- ½ Cup red wine
- 1 Tablespoon brown sugar, firmly packed

1. Preheat oven to 375 degrees F.
2. Drain excess liquid from the three cans of beans.
3. Place all ingredients in a 3 quart casserole pan or Dutch oven and mix together.
3. Cover and bake for 40-60 minutes, or until carrots are tender.

Recipe courtesy of Marilyn McAlpine, Stillwater, MN

*Approximate Nutrition Information Per Serving: Calories 290; Total Fat 5g; Sat. Fat 1.5g; Trans Fat 0g; Cholesterol 50mg; Sodium 960mg; Total Carbohydrate 38g; Protein 23g*

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**Servings:**  
8

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