

Oriental Turkey Stir-Fry



Ingredients

- ¾ to 1 Pound turkey breast
- 2 Tablespoons oil
- 1 Pound bok choy, sliced
- 1 Can (8 oz.) sliced water chestnuts, drained
- 1 Cup (2 oz.) fresh mushrooms, sliced
- 3 green onions, sliced

Sauce ingredients:

- 1 Cup chicken broth
- ¼ Cup reduced-sodium soy sauce
- 2 Tablespoons dry sherry
- ¼ Teaspoon ginger, ground
- ¼ Teaspoon garlic powder
- 2 Tablespoons cornstarch

1. In bowl combine chicken broth, soy sauce, dry sherry, ginger, garlic powder and cornstarch. Mix well and then set sauce aside.
2. Cut turkey breasts into thin strips. Place oil in wok or large skillet and heat over medium-high heat for 2 minutes, then add turkey and stir-fry 4 to 5 minutes or until meat is no longer pink.
3. Place cooked turkey on platter and set aside. Return pan to stovetop and add bok choy, water chestnuts, mushrooms and onions; stir-fry 5 minutes.
4. Add sauce and turkey and heat for 2 to 3 additional minutes, stirring until sauce is thickened.
5. Serve over rice or chow mein noodles.

Serving size: 7.6 oz.

Approximate Nutrition Information Per Serving: Calories 150; Total Fat 5g; Sat. Fat 0.5g; Trans Fat 0g; Cholesterol 30mg; Sodium 1090mg; Total Carbs 10g; Protein 16g

Recipe courtesy of Lynn Meschke, Little Falls, MN

Minnesota Turkey Research & Promotion Council

www.minnesotaturkey.com ■ 763/682-2171

Servings:
6

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Garden Fresh Turkey Stir-Fry



Ingredients

- ½ Pound turkey breast
- ¼ Teaspoon salt
- ¼ Teaspoon black pepper
- ¼ Teaspoon garlic powder
- ¼ Teaspoon paprika
- 1½ Tablespoons margarine
- ¾ Cup yellow squash, thinly sliced
- 1 Cup green pepper, cubed
- ½ Cup snow peas
- ¼ Teaspoon Italian seasoning blend
- 5 Cherry tomatoes

1. Cut turkey breasts into thin (¼") strips.
2. In a zip-lock style bag, combine turkey, salt, black pepper, garlic and paprika. Seal bag and gently shake to coat turkey with seasonings.
3. Place 1 tablespoon of margarine in wok or large skillet over medium-high heat.
4. Add turkey and stir-fry 2 to 3 minutes or until meat is no longer pink. Place cooked turkey on platter and set aside.
5. Return pan to stovetop and add remaining margarine, squash, green pepper and snow peas. Stir-fry 1 minute, then sprinkle with Italian seasoning.
6. Continue stir-frying until vegetables are tender-crisp, then add turkey and cherry tomatoes.
7. Heat until all ingredients are warm, then serve.

Serving size: 5 oz.

Approximate Nutrition Information Per Serving: Calories 120; Total Fat 4.5g; Sat. Fat 1g; Trans Fat 0g; Cholesterol 25mg; Sodium 250mg; Total Carbohydrate 5g; Protein 15g

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Servings:

4

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