KINEMA KITCHEN

HAVE FUN. MAKE A MESS. BE WELL.

HEALTHY TURKEY STIR FRY

Ingredients

- 1 pound 99% lean turkey breast
- 1 cup each: chopped broccoli, sliced peppers, sliced yellow onion
- ½ cup or more of favorite vegetables: snap peas, mushroom, asparagus, etc.
- 1 tsp each: salt, pepper, garlic powder, red pepper flakes
- Olive Oil for sautéing

Homemade Stir Fry Sauce:

- 1 cup water
- ½ cup low sodium soy sauce
- 2 Tbsp packed brown sugar
- 1 tsp ground ginger
- 2 Tbsp cornstarch

Recipe

1. Heat large skillet to medium/high, using enough oil to coat the pan
2. Add in ground turkey breast, salt, pepper and garlic. Cook completely, place in a dish to the side.
3. In same skillet, add enough olive oil to coat the bottom of pan (heat on med/high)
4. Add in all desired vegetables, cook/saute about 4 minutes
5. In a small bowl, mix all stir fry sauce ingredients until thoroughly blended.
6. Place cooked turkey back into skillet with sautéed vegetables. Slowly pour in stir fry sauce.
7. Reduce heat to medium, letting stir fry sauce thicken (2-3 minutes)

*Serve over rice, noodles or enjoy as is!

Health Benefits

- Ground turkey is low in fat and carbohydrates and high in protein!
- Turkey is also rich in potassium, zinc, thiamine and B6
- Broccoli is rich in Vitamins K, C and folate & fiber. It helps build collagen, which forms tissue and bone. Peppers are packed with Vitamin A, C and potassium. Sugar snap peas are high in soluble fiber which helps regulate blood sugar levels.

BE WELL

KINEMA FITNESS