

# GROWING WITH TURKEY

## PLANNING

Plan your meal to **save time and money!**

Food I already have in my pantry to prepare this recipe:

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Food I need to purchase to prepare this recipe:

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Serves: 2 Prep Time: 15

- 1/2 small onion
- 1/2 green bell pepper
- 1 cup edamame
- 1/2 cup of organic turkey
- 2 cups brown rice, instant or frozen
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- Salt and ground pepper, to taste

### INSTRUCTIONS

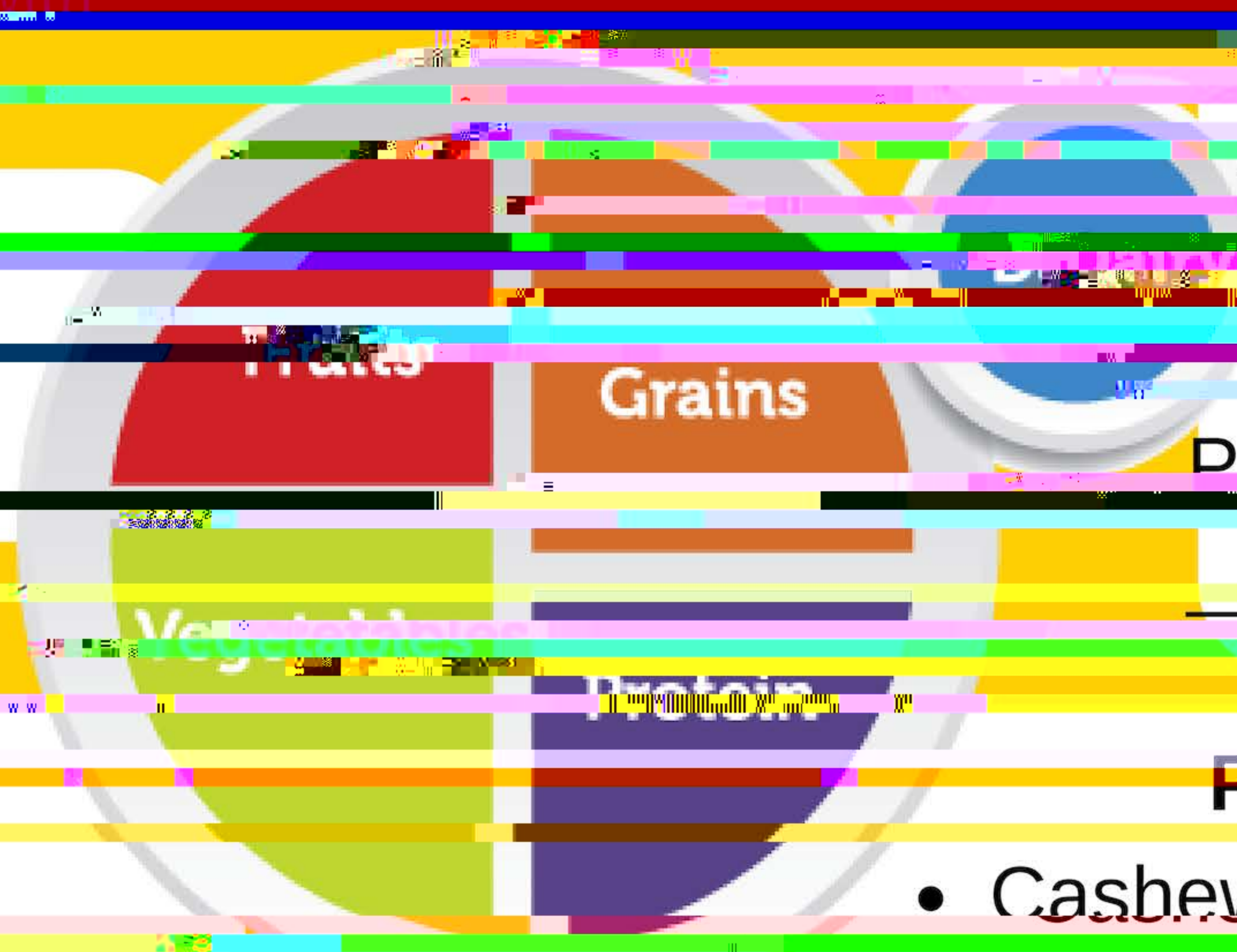
1. Cook the brown rice.
2. Put a small amount of soy sauce on a medium/high heat.
3. Add the onion and bell pepper, to taste, and cook for 3-4 minutes.
4. Add the edamame and turkey until slightly crispy and heated through.
5. On medium/high heat, put a small amount of sesame oil in the skillet. Add the grains and bell pepper and cook for 3-4 minutes.
6. Add the soy sauce and pepper to taste.
7. Add the cooked brown rice and turkey until slightly crispy and heated through.
8. Stir in soy sauce and pepper to taste.
9. Season with pepper and salt to taste.

## TIPS

- Vary your vegetables and protein. This recipe can be made with any unit.

## ENJOY IT!

Use **MyPlate** to explore meal ideas. Fill in the blanks with foods of your choice.



### Fruits

- Pineapple
- \_\_\_\_\_

### Vegetables

- Edamame
- \_\_\_\_\_

### Grains

### Grains

Doritos

### Protein

- Cashews