

Quick and Easy Turkey Stir Fry



Nutrition Facts

5 servings per container

Serving size

Amount Per Serving

Calories **400**

% Daily Value*

Total Fat 20g **26%**

Saturated Fat 3.8g **19%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 780mg **34%**

Total Carbohydrate 31g **11%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 4g Added Sugars **8%**

Protein 26g **52%**

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Level: Easy Yield: 5 servings Total: 25 min Prep: 10 min Cook: 15 min

Ingredients

1/2 Tbsp toasted sesame oil
1/4 cup soy sauce
1/2 Tbsp brown sugar
2 cups frozen broccoli florets, cooked
1 tsp. onion powder (optional)
2 oz. spinach (1/4 of an 8oz. bag)
2 Tbsp cooking oil of choice
16-19 oz. ground turkey
2.5 cups cooked brown rice
1/4 cup chopped peanuts

Make it Easy Grocery List

Toasted sesame oil
Soy sauce
Brown sugar
1 bag frozen broccoli florets
Onion powder
Bagged spinach
1 package ground turkey
Brown or white rice
Chopped peanuts

Instructions

1. Make the stir fry sauce by stirring together the soy sauce, toasted sesame oil, brown sugar, red pepper, and water until the sugar is dissolved. Set the sauce aside.
2. Prepare frozen broccoli according to package directions, reducing cooking time by 1-2 minutes so broccoli does not overcook in skillet.
3. Heat the cooking oil in a very large skillet over medium heat. Once hot, add the ground turkey. Stir and cook until the turkey is cooked through and no water is left pooling on the bottom of the skillet (8-10 minutes).
4. Once the turkey is cooked and the moisture has evaporated, add the broccoli to the skillet. Stir and cook for about 2 minutes more, then add the spinach and continue to cook just until it is about half wilted (1-2 minutes).
5. Pour the stir fry sauce into the skillet. Continue to stir and cook the turkey and vegetables until everything is coated in sauce and the spinach is fully wilted (about 2 minutes more).
6. Serve about 1.5 cup of the stir fry mixture with 1/2 cup rice and a sprinkle of chopped peanuts over top.

Tips

- Use a garlic-infused oil or other flavored oil to add flavor.
- Use ground beef, pork, chicken, or crumbled tofu or tempeh in place of the ground turkey.
- Use your favorite vegetables! Other vegetable options: mushrooms, broccoli, carrots, bean sprouts, snap peas, green beans, water chestnuts. Look for pre-chopped frozen varieties.
- Top with cashews or sesame seeds in place of the peanuts.
- Add fresh some fresh grated ginger to the stir fry sauce for extra zing.
- Add cooked noodles to the stir fry at the end instead of serving over rice.
- Add a bag of coleslaw mix to the stir fry to bulk it up without adding carbs instead of serving with rice or noodles.
- This freezes well! Make ahead and freeze in individual portions for a quick lunch or dinner. You can freeze just the sauce and make your pasta fresh or freeze it all!

Sweet and Simple Fruit Smoothie



Nutrition Facts

2 servings per container

Serving size

Amount Per Serving

Calories 440

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 12g | 15% |
| Saturated Fat 2.2g | 11% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 15mg | 5% |
| Sodium 85mg | 4% |
| Total Carbohydrate 64g | 23% |
| Dietary Fiber 19g | 68% |
| Total Sugars 31g | |
| Includes 0g Added Sugars | 0% |
| Protein 21g | 42% |

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Level: Easy Yield: 2 servings Total: 5 min Prep: 5 min Cook: 0 min

Ingredients

- 1 cup frozen blueberries
- 1 Medium-sized Banana
- ½ cup non-fat Greek Yogurt
- 2 tbsp Chia seeds
- 1/3 cup Milk

Make it Easy Grocery List

- Fresh/Frozen bag of blueberries
- Ripe Bananas
- Plain non-fat Greek Yogurt
- Chia seeds
- Milk or milk alternative

Instructions

1. Add ingredients to a blender
2. Blend to a smooth consistency
3. Enjoy!

Tips

- Use frozen fruit for easier prep and a thicker texture.
- Blueberries can be substituted for any fruit (strawberries, raspberries, etc.) or choose a mixed variety of frozen fruits.
- Add your favorites to this smoothie: nuts and nut butters are a good additive and add healthy fat. Ground flaxseeds can be used in place of chia seeds, both will add protein and omega-3 fats. If you don't tolerate high fiber foods, eliminate use of chia or flax seeds. Instead, add more fruit or 1 tbsp of creamy peanut butter.
- For lactose intolerance or added flavor, substitute your favorite milk alternative!
- Add ingredients to the blender and refrigerate the night before so everything is ready to blend in the morning!