



Southwestern Turkey Casserole

Ingredients

- 1 teaspoon canola oil
- 1 cup onion, chopped
- ½ bell pepper, chopped
- 1 pound lean ground turkey
- 10 ounces frozen corn, thawed
- 8 ounces canned low-sodium tomatoes
- 1 cup 1% milk
- ½ cup cornmeal
- 2 tablespoons chili powder
- 1 teaspoon garlic powder
- Nonstick cooking spray
- ¾ cup reduced-fat cheddar cheese, shredded

You'll also need:

Aluminum foil

Directions

1. Heat oven to 350°F.
2. In a skillet, heat oil over medium heat. Add onion and bell pepper and sauté for approximately 3 minutes.
3. Add ground turkey to skillet and cook until browned.
4. Pour corn, tomatoes, and milk into the skillet. Stir well and heat through.
5. Stir in cornmeal, chili powder, and garlic powder.
6. Coat a baking dish with nonstick cooking spray. Pour mixture into baking dish and cover with aluminum foil.
7. Bake for 45 minutes. Uncover and bake for 20 minutes more.
8. For the last 5 minutes of baking, sprinkle cheese over the dish. It is ready when a knife inserted in the center of the cornbread topping comes out clean.

Nutrition Facts

Serving Size 1 serving (281.2g)
Servings Per Container 6

Amount Per Serving

Calories 360 **Calories from Fat** 120

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 260mg **11%**

Total Carbohydrate 33g **11%**

Dietary Fiber 5g **20%**

Sugars 7g

Protein 29g

Vitamin A 25% • Vitamin C 30%

Calcium 15% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.