



## Turkey Joes

Makes 6 sandwiches

- 1 Tbsp. olive or canola oil
- 1 medium onion, chopped
- 1 small red or green pepper, seeded and chopped
- 2 cloves garlic, finely chopped
- $\frac{3}{4}$  pound ground turkey meat
- 1 can diced tomatoes
- 2 Tbsp. tomato paste
- $\frac{1}{4}$  cup barbecue sauce
- 6 whole wheat burger buns, toasted
- 6 thin onion slices for garnish
- 2 cups shredded lettuce for garnish

1. Heat oil in skillet on medium high heat
2. Cook onion and pepper in oil until translucent (4 minutes)
3. Add garlic and cook until vegetables are soft (3 minutes)
4. Add turkey meat and cook, breaking up with fork, until it loses its pink color (4-5 minutes)
5. Add tomatoes, tomato paste and barbecue sauce and simmer until thick, stirring occasionally (15 minutes)
6. Divide mixture among 6 buns and serve with lettuce and onions

Recipe adapted from *American Institute for Cancer Research*

### Nutritional information:

Calories: 233	Total fat: 3g
Saturated fat: 1g	Carbohydrate: 34g
Fiber: 6g	Protein: 19g

