

## Spicy Creole Turkey Over Rice

## INGREDIENTS

- » Pinch dried basil
- » Pinch dried thyme
- » Pinch Cajun seasoning
- » 1, 4-oz turkey breast tenderloin, cut into 1/2-inch cubes
- » 1 tbsp low-sodium chicken broth
- » 1 tsp olive oil
- » 1/4 cup chopped onion
- » 1/4 cup chopped red bell pepper
- » 1/4 cup chopped celery
- » 1 clove minced garlic
- » 2 tbsp chopped carrots
- » 1 tbsp water
- » 1/4, 14 1/2-oz can sliced stewed tomatoes
- » 1/2, 8-oz can "no salt added" tomato sauce
- » 1/4 cup chopped fresh parsley
- » 1/2 tbsp red cooking wine
- » Pinch marjoram
- » Pinch salt-free herb seasoning blend
- » 1/4 cup long-grain white rice, cooked according to directions without salt or fat

### Nutritional Content

Per Serving

Calories	437 cal	Cholesterol	70mg
Protein	35g	Sodium	379mg
Carbohydrate	58g	Calories from Fat	12%
Fat	6g	Fiber	5g
Saturated Fat	1g		

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↪ See reverse for instructions

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## INSTRUCTIONS

Mix basil, thyme, Creole seasoning, and turkey breast pieces in a bowl. Set aside. In a saucepan over medium-high heat, add chicken broth. When boiling, add turkey pieces and stir 5 to 6 minutes until cooked. Remove from pan and set aside. Add olive oil, chopped onion, red bell pepper, celery, garlic, carrots, and water. Cover and cook 2 to 3 minutes. Add stewed tomatoes, tomato sauce, fresh parsley, red cooking wine, marjoram, and salt-free herb seasoning blend. Add cooked turkey back and cover, lower heat, and simmer for 15 minutes. Serve with hot cooked rice. Serves 1.

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