

Healthy Recipes

Sloppy Garden Joes

Nutrition Message: *This recipe is an excellent source of vitamin A and C, fiber and calcium and a good source of iron, which keeps eyes and skin healthy, gums and blood vessels healthy, may help protect you against some diseases, keep bones and teeth strong and carries oxygen in our blood.*

Ingredients:

- 1 large, chopped onion (about 1 cup)
- 1 medium carrot, peeled and chopped (about 3/4 cup)
- 1 large, chopped green pepper (about 1 cup)
- 1 pound ground turkey (7% fat)
- 1 cup pumpkin, no salt added
- 1 can (14.5 ounces) diced tomatoes, low sodium
- 1 can (8 ounce) tomato sauce, low sodium
- 6 Tablespoons Hickory Smoke Barbeque Sauce
- 1 cup chopped mushrooms or 1 can (8 ounce) mushrooms
- 1 Tablespoon chopped garlic
- 2 teaspoons cinnamon
- 1 teaspoon black pepper
- 12 ounces (3/4 pound) grated mozzarella cheese (low moisture, part-skim)
- 12 whole wheat hamburger buns

Directions:

1. Sauté onion, carrot, and green pepper in a non-stick skillet until onions turn translucent (somewhat clear). Add water by the tablespoon, as needed, to prevent sticking.
2. Brown turkey in separate non-stick skillet. Add to veggies.
3. Add pumpkin, diced tomatoes, tomato sauce, barbeque sauce, mushrooms and spices. Heat until bubbly. Stir frequently.
4. Assemble: On bottom of bun, scoop about ½ cup of sauce, top with 2 Tablespoons cheese and top of bun. Serve hot.

Tips:

- Grated carrots can be used instead of chopped carrots.
- Toast buns before assembly.
- Divide cheese into 12 equal piles of cheese before assembly.
- Extra filling can be frozen for future use in a freezer bag or container.

Nutrition Facts	
Serving Size 1 Sloppy Joe (247g)	
Servings Per Container 12	
Amount Per Serving	
Calories 300	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 490mg	20%
Total Carbohydrate 34g	11%
Dietary Fiber 6g	24%
Sugars 10g	
Protein 20g	
Vitamin A 90%	Vitamin C 35%
Calcium 30%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Yield: 12 servings