

Lupe's Zucchini & Turkey Casserole

From the kitchen of Lupe Gonzalez, San Antonio

Preparation time: 40-45 minutes

Number of servings: 8

Ingredients:

4 turkey breasts

2 cups water

2 green zucchini, cut into thick pieces

1 cups whole kernel corn

1 medium onion, chopped small

1 garlic clove, crushed

¼ bell pepper, chopped small

1 small can tomato sauce

½ teaspoon cumin (cumino)

¼ teaspoon salt

¼ teaspoon pepper

½ cup chicken broth

Preparation:

1. Boil turkey breast until fully cooked (about 30 minutes). Allow to cool, then cut into bite-size pieces. Set aside.
2. Cook zucchini in water over low flame in a covered pan for 20 minutes. Drain water. Add tomato sauce, onion, garlic, bell pepper, corn, cumin, pepper, and salt. Cook for another 10 minutes.
3. Place slices of cooked turkey in a 3-quart casserole dish, covering the bottom. Pour chicken broth over turkey. Add zucchini mixture. Cover and bake in oven for 10-15 minutes at 350°F.

*Serve with rice or vermicelli.

Nutrition information per serving:

FAT: 17% of calories from fat (low)

FIBER: 3 grams (high)

CALORIES: 106

TIP

This recipe also tastes great made with chicken breast.