

Not So Sloppy Joes

Serves 4

- 1 pound ground white meat turkey
- 1 tbsp white vinegar
- 2 tsp Worcestershire sauce
- 1 ½ tsp honey
- ½ tsp hot pepper sauce
- 2/3 cup chopped onion
- 1/3 cup chopped green pepper
- ¾ cup low sodium tomato sauce
- ¾ cup chili sauce
- 1/4 tsp chili powder
- 4 whole wheat or whole grain burger buns

Spray a non-stick skillet with cooking spray and place over medium-high heat
Add the chicken and stir to break up large chunks and to cook till no longer pink about 5 minutes

Drain any liquid remaining in the pan

Meanwhile in a small bowl, combine the vinegar, Worcestershire sauce, honey and hot pepper sauce and whisk to blend

Add the onion, green pepper, tomato sauce, chili sauce, chili powder and vinegar mixture to the pan with the chicken, stir to blend, bring mixture to a boil then reduce heat to simmer and cook for 20 minutes until mixture has thickened

Spoon the mixture equally onto opened buns and serve immediately

Per serving:

331 calories

43 g carbohydrates

4 g fat

31 g protein

5 g fiber

876 mg sodium

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