

Cain's Corner

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Nutrition Tips from USAPEEC's
Registered Dietitian



Cain's Corner welcomes its first Guest Contributor, Greg Tyler!

Ground Turkey Stir Fry

- 1/4 cup soy sauce
- 1/2 Tbsp toasted sesame oil
- 1/2 Tbsp brown sugar
- 1 pinch red pepper flakes
- 1 Tbsp water
- 2 bell peppers, diced
- 4 green onions, chopped
- 2 oz. spinach
- 2 Tbsp. olive oil
- 2 cloves garlic, minced
- 19 oz. ground turkey
- 1/4 cup chopped peanuts
- 2.5 cups cooked brown rice



- 1) Stir together first five ingredients until sugar is dissolved.
- 2) Heat oil in a large skillet over medium heat. Cook the ground turkey and minced garlic together about 8-10 minutes, or until turkey is cooked through. .
- 3) Add the bell pepper and onions and cook another couple of minutes. Add the spinach and cook until it starts to wilt.
- 4) Add sauce to skillet and cook until spinach is fully wilted. Serve over rice with peanuts sprinkled on top.

This recipe for Ground Turkey Stir Fry is brought to you by USAPEEC's own Greg Tyler. Greg notes, "This has been one of our go-to summer dinners: EASY and you can throw in more veggies if you like. We just do a lot of bell pepper, onions and spinach. I do add some sriracha to mine (Gena [Greg's wife] does not like it too spicy), and we serve over jasmine rice."

Picture Courtesy/Recipe Adapted from BudgetByte\$: www.budgetbytes.com/ground-turkey-stir-fry/

