



## ***Turkey Sloppy Joes***

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Serves 8

Recipe Courtesy Chef Bryan Woolley

1 pound ground turkey  
1 large onion, chopped  
1 bell pepper, minced  
1 cup catsup  
½ cup sweet pickle relish  
1 ½ tsp chili powder  
1 tbsp Worcestershire sauce  
1 tsp garlic powder  
¼ tsp celery seeds  
salt and pepper to taste

Heat a large non stick skillet and add the ground turkey, onion, and bell pepper. Sauté until turkey is no longer pink.

Add remaining ingredients and bring to a boil. Reduce heat and simmer for about 20 minutes.

Serve over a toasted whole wheat hamburger bun. Toast the hamburger bun under a broiler for about 2 minutes or until it is golden brown.

### **Nutritional Analysis**

One Serving = ½ cup Sloppy Joe mix and one bun

Calories 250  
Fat 7 g  
    Saturated Fat 1.5 g  
Cholesterol 45 mg  
Sodium 680 mg  
Carbohydrates 36 g  
Fiber 4 g  
Protein 15 g

### **Diabetic Exchanges:**

Protein 2  
Fat 1  
Carbohydrate 2