

TURKEY STIRFRY

4 Servings, about 1/2 cup each

Chicken bouillon cube	1
Hot water	1/2 cup
Soy sauce	2 tablespoons
Cornstarch	1 tablespoon
Vegetable oil	2 tablespoons
Garlic powder	1/2 teaspoon
Turkey, cubed	1 pound
Carrots, thinly sliced	1-3/4 cups
Zucchini, sliced	1 cup
Onions, thinly sliced	1/2 cup
Hot water	1/4 cup

PREPARATION TIME: 15 MINUTES

COOKING TIME: 10 MINUTES

1. Combine chicken bouillon cube and hot water to make broth; stir until dissolved.

2. Combine broth, soy sauce, and cornstarch in small bowl. Set aside.
3. Heat oil in skillet over high heat. Add garlic and turkey. Cook, stirring, until turkey is thoroughly cooked and no longer pink in color.
4. Add carrots, zucchini, onion, and water to cooked turkey. Cover and cook, stirring occasionally, until vegetables are tender-crisp, about 5 minutes. Uncover, bring turkey mixture to boil. Cook until almost all liquid has evaporated.
5. Stir in cornstarch mixture. Bring to boil, stirring constantly until thickened.

Note: Serve over steamed rice.

PER SERVING:

Calories	195
Total fat	9 grams
Saturated fat	2 grams
Cholesterol	44 milligrams
Sodium	506 milligrams