



Spicy Orange Turkey Stir Fry



Recipe Courtesy Chef Bryan Woolley

- 1 lb thinly-sliced turkey breast
- 2 garlic cloves, minced
- 3 green onions cut into 2-inch sections
- 1 tbsp freshly ground ginger
- 1 red bell pepper, cut into thin slices
- 1 cup zucchini, cut into thin slices
- 1 cup broccoli, cut into small "trees"
- 1 cup carrots, thinly sliced
- Grape seed oil (about 2 tbsp)

Sauce:

- ¾ cup fresh orange juice
- 1 Tbsp fresh lime juice
- 1 Tbsp orange zest
- 1 Tbsp orange marmalade
- 2 tsp crushed red pepper flakes (more if you like it really spicy)
- 2 Tbsp corn starch
- 1 Tbsp low sodium soy sauce

1. Mix sauce ingredients together in a small bowl and set aside.
2. Heat a wok or sauté pan on your stove.
3. Add the grape seed oil, then the sliced turkey. Thoroughly cook the turkey, remove and place on paper towels to drain.
4. Add the minced garlic, ginger, and sliced vegetables to remaining oil. Stir fry for about 2 minutes.
5. Return the cooked turkey to the wok and stir to combine.
6. Whisk your sauce again and pour into the center of the wok.
7. Stir to coat meat and vegetables with orange sauce. You will need to move fast because the sauce will thicken quickly.
8. Remove from heat and serve over steamed brown rice or whole wheat pasta. Enjoy!

Makes about four 1-cup servings.

Nutrition Facts

Serving Size: One cup meat mixture and 1 cup brown rice

Calories	490
Total Fat	10g
Saturated Fat	1g
Cholesterol	45mg
Sodium	300mg
Carbohydrates	67g
Dietary Fiber	7g
Sugars	11g
Protein	36g

Diabetic Exchanges

Protein	5
Fat	2
Carbohydrates	5

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