

SPICY TURKEY STIR-FRY



INGREDIENTS:

- 3.5 oz cooked 97/3 ground turkey
- 3 oz carrots
- 1/2 red bell pepper
- 4 asparagus spears
- 1 clove garlic
- 3 medium baby bella mushrooms

SPICY SAUCE

- 1-2 tbsp sriracha sauce
- 1/2 tbsp soy sauce
- 1/2 tbsp sesame oil

DIRECTIONS:

- 1) Heat a medium pan on medium heat
 - 2) Wash and chop veggies per preference
 - 3) Add onion and carrots to the hot pan, cook until the carrots start to soften (add water to deglaze the pan as needed)
 - 4) Add garlic and continue to cook for another 2-3 minutes
 - 5) Add mushrooms and cooked turkey, cook until mushrooms begin to release their water (~5 minutes)
 - 6) Mix all sauce ingredients. Add the sauce to the pan with the turkey and veggies
 - 7) Finally, add the asparagus and bell pepper, cook until desired texture (~2 minutes for a crunchy texture. >5 minutes for softer veggies)
 - 8) Optional: Garnish with sesame seeds and/or scallions
- ProTip: This recipe is great for lettuce wraps!
Enjoy!

Makes 1 Serving

Calories: 366 | Protein: 24 g | Carbs: 29 g | Fat: 17 g