

# SWEET SESAME TURKEY



## INGREDIENTS:

- 1 lb ground turkey
- 2 tbsp low sodium soy sauce
- 2 tbsp rice vinegar
- 1 tbsp honey
- 2 tbsp sesame oil
- 1 tsp corn starch

## DIRECTIONS:

1. Mix all the sauce ingredients in a small bowl, set aside
2. Cook turkey and drain any excess fat
3. Once turkey is cooked, add the sauce and mix.
4. Cook down the sauce for ~3-5 minutes or until the sauce thickens some.

Enjoy!

Makes 5 Servings | 1 Serving = 3 oz  
Calories: 180 | Protein: 18 g | Carb: 4 g | Fat: 10 g