

## Ground Turkey and Potato Plate

### Ingredients:

- 1 onion
- 1/2 pound ground turkey
- 1 cup ketchup, low sodium
- 4 medium potatoes
- 4 ounces cheddar cheese,  
low-fat

### Equipment:

- Cutting board
- Knife
- Non stick skillet with lid
- Microwave safe baking dish
- Grater
- Measuring cups
- Measuring spoons

### Directions

1. Cut the ends off of the onion, remove brown layers and rinse. Cut in half lengthwise and place flat side down. Slice into strips keeping onion together. Turn 1/4 and slice again to make dice. Chop up any large pieces.
2. In large skillet, brown ground turkey and onion together over medium heat 8 to 10 minutes or until turkey is no longer pink, breaking up into crumbles. Remove from skillet to plate covered with paper towels to remove fat. Return turkey to skillet.
3. Add ketchup to skillet; cover and simmer over medium-low heat 10 minutes.
4. Meanwhile pierce potatoes in several places with fork. Place on baking dish in microwave oven. Microwave on HIGH 10 to 11 minutes or until tender, rearranging potatoes halfway. TIP: Some potatoes may become tender before this - start checking a few minutes before time is up.
5. While turkey and potatoes are cooking, shred cheese with a grater. Set aside.
6. Cut potatoes lengthwise into quarters. Cut each quarter crosswise in half. Arrange 4 pieces potato on each serving plate; top with turkey mixture.

Number of Servings: 4  
 Prep Time: 20 minutes  
 Total Time: 20 minutes

For more recipes, please visit:  
[www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes)



Friend us on Facebook and follow us on Twitter  
[www.facebook.com/vafnp](http://www.facebook.com/vafnp)  
[www.twitter.com/vafnp](http://www.twitter.com/vafnp)

### Nutrition Facts

Serving Size: 1/2 cup turkey mix w/1 potato  
 Servings: 4

| Amount Per Serving            |               | Calories from Fat 63 |     |
|-------------------------------|---------------|----------------------|-----|
|                               |               | %Daily Value*        |     |
| <b>Total Fat</b> 6g           |               |                      | 11% |
| Saturated Fat 3g              |               |                      | 13% |
| Cholesterol 51mg              |               |                      | 17% |
| Sodium 247mg                  |               |                      | 10% |
| <b>Total Carbohydrate</b> 41g |               |                      | 14% |
| Dietary Fiber 3g              |               |                      | 14% |
| <b>Protein</b> 21g            |               |                      | 41% |
| Vitamin A 13%                 | Vitamin C 58% |                      |     |
| Iron 12%                      | Calcium 15%   |                      |     |

\*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.