

# Leftover Turkey Stir Fry



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## Ingredients:

- 1 lb. leftover cooked turkey breast (*skinless*)
- 1 lb. frozen chopped vegetables (*broccoli, cauliflower, carrots, green beans, etc.*)
- 1 bell pepper, sliced
- 3 tbsp. low sodium soy sauce
- 1 tbsp. rice vinegar
- 1 tbsp. honey
- 1/2 tsp. red pepper flakes
- 1 tsp. cornstarch
- 2 tbsp. canola oil
- 1 medium onion, chopped
- 1 tbsp. minced garlic
- 1 tbsp. minced ginger root or 1 tsp powered dried ginger
- 2 tsp. sesame oil
- 1 tsp. sesame seeds for garnish (*optional*)
- 2 tbsp. water

## Directions:

1. Slice the already cooked turkey meat into strips. Set aside.
2. Place the frozen vegetables in a large, microwave-safe bowl. Add water, cover and microwave 3 minutes. Stir, cover again, and microwave 2 more minutes or until just tender. Drain and set aside.
3. Prepare the sauce: In a small bowl, whisk together the soy sauce, rice vinegar, honey, red pepper flakes and cornstarch. Set aside.
4. In a large, deep skillet, heat the canola oil over medium-high heat, about 2 minutes. Add the onions and cook, stirring often, until translucent but not browned, about 5 minutes. Add the garlic and ginger and cook, stirring, 30 seconds.
5. Add the turkey meat, the cooked frozen vegetables, the bell pepper and the sauce. Stir over medium heat until everything is well-coated and sauce thickens, about 2 minutes.
6. Off heat, drizzle with the sesame oil and sprinkle with the sesame seeds. Serve immediately as is or place over brown rice.