

# HEALTHY GROUND TURKEY RECIPES



White  
Turkey  
Chili

Turkey  
Ma Po Tofu

Korean  
Turkey  
Burgers  
with Kimchi

8-Layer  
Taco Salad

Hoisin-  
Ginger  
Meatloaf

Swedish  
Meatballs

Turkey  
Burgers  
with Mango  
Chutney

Mozzarella-  
Stuffed  
Turkey  
Burgers



# Healthy Ground Turkey Recipes

## WHITE TURKEY CHILI

**ACTIVE:** 40 MIN **TOTAL:** 1½ HOURS

**TO MAKE AHEAD:** Cover and refrigerate for up to 3 days or freeze for up to 3 months.

☒ Heart Health ☒ Diabetes  
☒ Weight Loss ☐ Gluten Free

*This healthy white turkey chili recipe is gorgeous, with flecks of green from zucchini, oregano and green chiles. To keep the saturated fat low, we use one pound of ground turkey and add whole-grain bulgur to boost the volume and fiber in this chili recipe. After all the ingredients are added to the pot, we like to slowly simmer our chili for close to an hour to develop the best flavor, but if you're in a hurry, reduce the liquid by half and simmer for 20 to 25 minutes.*

- 3 tablespoons extra-virgin olive oil or canola oil
- 1 pound 93%-lean ground turkey
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 medium zucchini, diced (about 3½ cups)
- ½ cup bulgur
- 2 tablespoons dried oregano
- 4 teaspoons ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon white pepper
- ¼ teaspoon salt
- 2 15-ounce cans no-salt-added white beans, rinsed
- 2 4-ounce cans green chiles, mild or hot
- 4 cups reduced-sodium chicken broth

1. Heat oil in a Dutch oven over medium-high heat. Add ground turkey, onion and garlic. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes.
2. Add zucchini and cook, stirring occasionally, until the zucchini is starting to soften, 5 to 7 minutes.
3. Add bulgur, oregano, cumin, coriander, white pepper and salt and cook, stirring, until aromatic, 30 seconds to 1 minute.
4. Stir in white beans and chiles, then pour in broth; bring to a boil.
5. Reduce heat to a simmer, partially cover the pot and cook, stirring occasionally, until the liquid is reduced and thickened and the



bulgur is tender, about 50 minutes.

**SERVES 6:** ABOUT 1½ CUPS EACH

**Per serving:** 356 calories; 14 g fat (2 g sat, 5 g mono); 43 mg cholesterol; 35 g carbohydrate; 0 g added sugars; 26 g protein; 10 g fiber; 722 mg sodium; 898 mg potassium.

**Nutrition bonus:** Vitamin C (48% daily value), Iron (28% dv), Potassium (26% dv), Magnesium (25% dv), Zinc (15% dv).

**Carbohydrate servings:** 2

**Exchanges:** 1½ starch, 1 vegetable, 2 medium-fat meat, 1 lean meat, 1½ fat

# Healthy Ground Turkey Recipes

## TURKEY MA PO TOFU



**ACTIVE:** 30 MIN **TOTAL:** 30 MIN

*Ma Po Tofu is a traditional Chinese recipe usually made with ground pork. This delicious, healthy version uses ground turkey to cut saturated fat and calories and adds mushrooms for extra veggies. Serve with brown rice and make it extra special with a drizzle of sesame oil just before serving.*

2 tablespoons chile-garlic sauce (see Tip)

1½ tablespoons black bean-garlic sauce (see Tip)

1 tablespoon Chinese rice wine or dry sherry

2 teaspoons reduced-sodium soy sauce

1¼ cups water plus 2 tablespoons, divided

2 tablespoons canola oil

1 pound 93%-lean ground turkey

8 ounces cremini mushrooms, sliced

4 scallions, thinly sliced

1 teaspoon minced fresh ginger

1 14- to 16-ounce package water-packed soft tofu, cut into ½-inch cubes

2 tablespoons cornstarch

**1.** Whisk chile-garlic sauce, black bean sauce, rice wine (or sherry), soy sauce and 1 ¼ cups water in a small bowl.

**2.** Heat oil in a large skillet over medium-high heat. Add turkey and mushrooms and cook, stirring and breaking up the turkey, until it is no longer pink, 3 to 5 minutes. Add scallions and ginger and cook, stirring, for 1 minute more.

**3.** Add the reserved sauce; bring to a boil. Stir in tofu and cook until hot, about 2 minutes. Combine cornstarch with the remaining 2 tablespoons water and add to the pan. Simmer until the sauce is thickened, about 2 minutes.

**SERVES 4:** 1 ¼ CUPS EACH

**Per serving:** 325 calories; 18 g fat (3 g sat, 5 g mono); 65 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 31 g protein; 1 g fiber; 451 mg sodium; 695 mg potassium.

**Nutrition bonus:** Potassium (20% daily value), Iron (19% dv), Folate (17% dv).



**Carbohydrate servings:** 1

**Exchanges:** ½ vegetable, 4 medium-fat meat, 1½ fat

## TIP

A blend of ground chiles, garlic and vinegar, **chile-garlic sauce** is commonly used to add heat and flavor to Asian soups, sauces and stir-fries. It's sometimes labeled as chili-garlic sauce or paste.

**Black bean-garlic sauce** is a savory sauce used in Chinese cooking, made from fermented black soybeans, garlic and rice wine.

- Find both in the Asian-foods section of most supermarkets or at Asian markets. Refrigerate for up to 1 year.



# Healthy Ground Turkey Recipes

## KOREAN TURKEY BURGERS WITH KIMCHI

☒ Heart Health ☒ Diabetes  
☒ Weight Loss ☐ Gluten Free

**ACTIVE:** 30 MIN **TOTAL:** 30 MIN

*Korean chile paste (also known as gochujang) blended into the ground turkey makes this turkey burger recipe incredibly moist and flavorful. Top these healthy turkey burgers with kimchi—a fermented mixture of cabbage and other vegetables—which can be found near other refrigerated Asian ingredients or near sauerkraut or pickles in well-stocked supermarkets or natural-foods stores.*

- 1 pound 93%-lean ground turkey
- 3 scallions, sliced
- 8 teaspoons Korean chile paste (see *Tips*), divided
- 1 teaspoon toasted sesame oil
- 2 tablespoons low-fat mayonnaise
- 4 small whole-wheat hamburger buns, toasted
- 12 slices English cucumber
- 1 cup kimchi

1. Preheat grill to medium-high.
2. Combine turkey, scallions, 5 teaspoons chile paste and sesame oil in a medium bowl; gently knead together. Do not overmix. Form into 4 burgers, about 4 inches wide.
3. Oil the grill rack (see *Tips*, page 8). Grill the burgers until an instant-read thermometer inserted in the center registers 165°F, 3 to 4 minutes per side. Let rest for 5 minutes.
4. Meanwhile, combine mayonnaise and the remaining 3 teaspoons chile paste in a small bowl. Assemble the burgers on toasted buns with 2 teaspoons of the mayonnaise mixture, 3 slices cucumber and ¼ cup kimchi each.

### SERVES 4

**Per serving:** 341 calories; 12 g fat (3 g sat, 1 g mono); 67 mg cholesterol; 33 g carbohydrate; 7 g added sugars; 28 g protein; 5 g fiber; 731 mg sodium; 441 mg potassium.

**Nutrition bonus:** Iron (17% daily value).

**Carbohydrate servings:** 2

**Exchanges:** 1½ starch, ½ other carbohydrates, 3 medium-fat meat, ½ fat



## TIPS

Korean chile paste (also called hot pepper paste, gochujang or kochujang) is a fermented spicy condiment made from red chiles, soybeans and salt. Find it in Korean or Asian markets or online from [koamart.com](http://koamart.com) or look for the Annie Chun's brand. It keeps indefinitely in the refrigerator. To make a substitute, combine 2 tablespoons each white miso and Asian-style chile sauce, such as sriracha, and 2 teaspoons molasses.

# Healthy Ground Turkey Recipes

## 8-LAYER TACO SALAD

☐ Heart Health ☒ Diabetes

☒ Weight Loss ☒ Gluten Free

**ACTIVE:** 30 MIN **TOTAL:** 30 MIN

*This gorgeous and colorful 8-layer taco salad recipe is made healthier by using ground turkey in place of beef, adding Greek yogurt and bumping up the amount of vegetables. Serve this salad in a clear glass bowl and you'll have an eye-catching party-worthy dinner or potluck side in just 30 minutes.*

- 1 tablespoon canola oil
- 1 pound 93%-lean ground turkey
- 2 tablespoons chili powder
- ½ teaspoon salt, divided
- 1 avocado, pitted
- ½ cup nonfat plain Greek yogurt
- 1½ cups crumbled unsalted tortilla chips
- 1 cup prepared salsa
- 1 15-ounce can pinto beans, rinsed
- 5 cups thinly sliced romaine lettuce
- ½ cup shredded Mexican cheese blend
- 1 medium tomato, chopped

**1.** Heat oil in a large skillet over medium-high heat. Add turkey, chili powder and ¼ teaspoon salt. Cook, stirring and breaking up lumps, until cooked through, about 5 minutes.

**2.** Meanwhile, mash avocado, yogurt and the remaining ¼ teaspoon salt in a small bowl with a fork until smooth.

**3.** Transfer the turkey and any juice from the pan to a serving bowl. Layer chips, salsa, beans and lettuce over the turkey. Spread the avocado mixture over the lettuce. Top with cheese, then tomato.

**SERVES 6:** ABOUT 1⅓ CUPS EACH

**Per serving:** 383 calories; 20 g fat (5 g sat, 7 g mono); 53 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 25 g protein; 8 g fiber; 630 mg sodium; 812 mg potassium.

**Nutrition bonus:** Vitamin A (95% daily value), Folate (32% dv), Iron (24% dv), Potassium (23% dv), Magnesium (17% dv), Calcium & Vitamin C (16% dv).

**Carbohydrate servings:** 1½

**Exchanges:** 1 starch, 1 vegetable, ½ lean meat, 2 medium-fat meat, ½ high-fat meat, ½ fat





# Healthy Ground Turkey Recipes

## HOISIN-GINGER MEATLOAF

✓ Heart Health ✓ Diabetes

✓ Weight Loss ✓ Gluten Free

**ACTIVE:** 30 MIN **TOTAL:** 1½ HOURS

**TO MAKE AHEAD:** Prepare through Step 3, cover and refrigerate for up to 1 day. Let stand at room temperature while oven preheats; bake until an instant-read thermometer registers 165°F, about 1 hour.

*Scallions, hoisin sauce and ginger give this pork-and-turkey meatloaf great flavor and plenty of vegetables boost the fiber and nutrients. We love the texture of brown rice as a filler in this healthy Asian-flavored meatloaf recipe, but feel free to swap fresh whole-wheat breadcrumbs for the rice.*

- 1 large red bell pepper, cut into 2-inch pieces
- 8 ounces shiitake mushroom caps, halved
- 1 8-ounce can water chestnuts, drained
- 4 scallions, sliced, whites and greens divided
- 1 1-inch piece fresh ginger, peeled
- 1 tablespoon extra-virgin olive oil or canola oil
- 5 tablespoons hoisin sauce (see Tip), divided
- ¼ teaspoon salt
- 1 large egg, lightly beaten
- ¾ cup cooked brown rice
- 1½ pounds ground turkey
- 8 ounces ground pork

**1.** Preheat oven to 375°F. Coat a large rimmed baking sheet with cooking spray (or see *Loaf Pan Variation*).

**2.** Pulse bell pepper, mushrooms, water chestnuts, scallion whites and ginger in a food processor until finely chopped. (Or finely chop them with a knife.)

**3.** Heat oil in a large nonstick skillet over medium-high heat. Add the vegetables and cook, stirring occasionally, until tender and most of the liquid has evaporated, 5 to 10 minutes. Transfer to a large bowl and let cool for 10 minutes.

**4.** Add 2 chopped scallion greens, 2 tablespoons hoisin sauce and salt to the vegetables; stir to combine. Stir in egg and rice. Add ground turkey and pork and with



## TIP

Look for hoisin sauce, a thick, dark brown, spicy-sweet sauce made from soybeans and a complex mix of spices, in the Asian section of most supermarkets. Try it in stir-fries and dipping sauces.

clean hands gently knead the vegetable mixture into the meat; do not overmix. Pat the meat mixture into a loaf shape (about 12 by 5 inches) on the prepared baking sheet. Spread the remaining 3 tablespoons hoisin on top.

**5.** Bake the meatloaf until an instant-read thermometer inserted in the center registers 165°F, about 45 minutes. Sprinkle with the remaining scallion greens. Let rest for 10 minutes before slicing.

**SERVES 10**

**Per serving:** 194 calories; 8 g fat (2 g sat, 1 g mono); 71 mg cholesterol; 12 g carbohydrate; 2 g added sugars; 20 g protein; 2 g fiber; 267 mg sodium; 370 mg potassium. **Nutrition bonus:** Vitamin C (37% daily value).

**Carbohydrate servings:** 1

**Exchanges:** 1 vegetable; 2½ lean meat; ½ fat

**Loaf Pan Variation:** To bake your meatloaf in a 9-by-5-inch loaf pan, coat the pan with cooking spray, pat the meatloaf mixture into it and cover with the topping. Bake for about 1 hour. Let stand for 10 minutes in the pan before slicing.

# Healthy Ground Turkey Recipes

## SWEDISH MEATBALLS

☐ Heart Health ☒ Diabetes  
☒ Weight Loss ☐ Gluten Free

**ACTIVE:** 50 MIN **TOTAL:** 50 MIN

**TO MAKE AHEAD:** Freeze cooked meatballs in sauce airtight for up to 3 months. Defrost before reheating.

*These Swedish meatballs are made with a combination of lean ground turkey breast and ground pork, flavored with nutmeg and cardamom and simmered in a creamy mushroom sauce. Serve over a brown rice pilaf spiked with almonds and currants or whole-wheat egg noodles.*

- 1/2 cup finely chopped onion
- 1/4 cup dry whole-wheat breadcrumbs  
(see Tip)
- 3/4 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon freshly grated nutmeg
- 1/4 teaspoon ground cardamom  
(optional)
- 8 ounces ground turkey breast
- 8 ounces ground pork
- 1 tablespoon extra-virgin olive oil
- 1 pound button mushrooms, sliced
- 1 14-ounce can reduced-sodium chicken broth
- 1/4 cup all-purpose flour
- 1/2 cup reduced-fat sour cream
- 1/4 cup finely chopped flat-leaf parsley
- 1 tablespoon lingonberry or seedless raspberry jam

1. Combine onion, bread crumbs, 1/4 teaspoon salt, pepper, nutmeg and cardamom (if using) in a large bowl. Add turkey and pork; gently mix to combine (do not over-mix). Using a scant 2 tablespoons for each, make about 20 meatballs.
2. Heat oil in a large nonstick skillet over medium heat. Add the meatballs and cook, turning occasionally and reducing the heat if the pan gets too hot, until almost cooked through, 10 to 12 minutes. Transfer to a plate.
3. Add mushrooms to the pan and increase heat to medium-high. Cook, stirring occasionally, until their liquid has been released and evaporated, 8 to 10 minutes.
4. Whisk broth and flour in a bowl and add to the pan along with the meatballs. Bring



to a simmer and cook until the meatballs are just cooked through and the sauce is thickened, about 2 minutes. Remove from the heat. Add sour cream, parsley, jam and the remaining 1/2 teaspoon salt to the sauce; gently stir until combined.

**SERVES 5:** 4 MEATBALLS & 2/3 CUP SAUCE

**Per serving:** 255 calories; 11 g fat (4 g sat, 3 g mono); 62 mg cholesterol; 17 g carbohydrate; 2 g added sugars; 24 g protein; 2 g fiber; 624 mg sodium; 631 mg potassium. **Nutrition bonus:** Potassium (18% daily value).

**Carbohydrate servings:** 1

**Exchanges:** 1 vegetable,  
2 1/2 lean meat, 1/2 fat

## TIP

To make dry breadcrumbs, spread fresh breadcrumbs on a baking sheet and bake at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about 1/2 cup fresh breadcrumbs or about 1/3 cup dry breadcrumbs. For store-bought coarse dry breadcrumbs we like Ian's brand, labeled "Panko breadcrumbs." Find them at well-stocked supermarkets.



# Healthy Ground Turkey Recipes

## TURKEY BURGERS WITH MANGO CHUTNEY

☒ Heart Health ☒ Diabetes  
☒ Weight Loss ☐ Gluten Free

**ACTIVE:** 30 MIN **TOTAL:** 30 MIN

*Mango chutney and grilled red onion flavor this quick turkey burger. Serve with grilled baby red potatoes and a frosty beer.*

- 1 16- to 20-inch-long baguette, preferably whole-grain
- 1 large red onion, cut into ¼-inch-thick rounds, divided
- 1 pound 93%-lean ground turkey
- 4 tablespoons mango chutney (see *Tips*), divided
- ¼ teaspoon salt
- 2 cups shredded romaine lettuce

1. Preheat grill to medium-high.
2. Cut baguette into 4 equal lengths. Split each piece horizontally and pull out about half of the soft bread from each side.
3. Finely chop enough onion rounds to equal ⅓ cup. Combine the chopped onion with turkey, 1 tablespoon chutney and salt in a medium bowl; gently mix with your hands until well combined. Form into 4 burgers, about ½ inch thick and oval-shaped to match the shape of the bread.
4. Oil the grill rack (see *Tips*). Grill the remaining onion rounds until softened and blackened in spots, 3 to 4 minutes per side. Grill the burgers until cooked through and an instant-read thermometer inserted into the center registers 165°F, 4 to 5 minutes per side. Grill the bread, cut-side down, until just beginning to char on the edges, about 2 minutes.
5. To assemble sandwiches, spread the remaining mango chutney on the bottom pieces of baguette. Top with a turkey burger, grilled onion and lettuce. Cover with the remaining bread.

### SERVES 4

**Per serving:** 345 calories; 8 g fat (2 g sat, 0 g mono); 65 mg cholesterol; 44 g carbohydrate; 9 g added sugars; 30 g protein; 6 g fiber; 735 mg sodium; 376 mg potassium.

**Nutrition bonus:** Vitamin A (41% daily value).

**Carbohydrate servings:** 2½

**Exchanges:** 2 starch, 1 carbohydrate (other), 3 lean meat



## TIPS

- Look for prepared mango chutney—a sweet, tangy and spicy condiment—near other Indian ingredients in the international aisle at most supermarkets.
- To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)



# Healthy Ground Turkey Recipes

## MOZZARELLA-STUFFED TURKEY BURGERS

- ☒ Heart Health ☒ Diabetes
- ☒ Weight Loss ☐ Gluten Free

**ACTIVE:** 50 MIN **TOTAL:** 50 MIN

**TO MAKE AHEAD:** Cover and refrigerate the marinara sauce (Step 1) for up to 5 days.

*These tasty turkey burgers, served on toasted focaccia and dressed with marinara sauce, are reminiscent of a sausage pizza. Shredded mozzarella melts beautifully inside these gems.*

### MARINARA SAUCE

- 2 teaspoons extra-virgin olive oil
- 1 small onion, finely chopped
- 4 cloves garlic, minced
- 2 cups chopped plum tomatoes, with juices
- 6 oil-packed sun-dried tomatoes, drained and finely chopped
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 tablespoons chopped fresh basil

### BURGERS

- 1 pound 93%-lean ground turkey
- ¼ cup finely chopped scallions
- 2 teaspoons minced garlic
- 2 teaspoons Worcestershire sauce
- 1 teaspoon freshly grated lemon zest
- ½ teaspoon dried oregano
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- ½ cup shredded part-skim mozzarella cheese, divided
- 2 tablespoons finely chopped fresh basil
- 2 teaspoons extra-virgin olive oil
- 4 4-inch-square slices focaccia bread (about 2 ounces each), toasted

**1. To prepare marinara:** Heat 2 teaspoons oil in a medium saucepan over medium heat. Add onion and garlic, cover and cook, stirring frequently, until translucent, 5 to 7 minutes. Stir in fresh tomatoes and any juices, sun-dried tomatoes, ½ teaspoon salt and ½ teaspoon pepper. Bring to a simmer and cook, stirring occasionally, until the tomatoes have broken down, 8 to 10 minutes. Stir in basil and remove from the heat. Transfer to a food processor and pulse to form a coarse-textured sauce. Return to the pan and set aside.

**2. To prepare burgers:** Place turkey, scallions, garlic, Worcestershire sauce, lemon

zest, oregano, ½ teaspoon pepper and ¼ teaspoon salt in a large bowl. Gently combine, without overmixing, until evenly incorporated. Form into 8 thin patties about 4 inches wide and ¾ inch thick.

**3.** Combine ¼ cup cheese and basil and place an equal amount in the center of 4 patties. Cover with the remaining patties and crimp the edges closed.

**4.** Heat 2 teaspoons oil in a large nonstick skillet over medium heat (*or see Tip*). Add burgers and cook, turning once, until an instant-read thermometer inserted in the center registers 165°F, 8 to 10 minutes total.

**5.** Warm the marinara on the stove. To as-

semble the burgers, spread 3 tablespoons of marinara on each toasted focaccia, top with a burger, about 3 more tablespoons of marinara and 1 tablespoon of the remaining cheese.

### SERVES 4

**Per serving:** 299 calories; 15 g fat (4 g sat, 5 g mono); 74 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 28 g protein; 2 g fiber; 706 mg sodium; 382 mg potassium.

**Nutrition bonus:** Vitamin C (35% daily value), Vitamin A (20% dv), Calcium & Iron (15% dv).

**Carbohydrate servings:** 1

**Exchanges:** ½ starch, 1 vegetable, 3½ lean meat, 1 fat



## TIP

To grill the turkey burgers instead, preheat a grill to medium-high. Oil the grill rack. Grill the patties, turning once, until an instant-read thermometer inserted in the center registers 165°F, 8 to 10 minutes total.

# About EatingWell

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A recipe checked...

- ☒ **Heart Health** has limited saturated fat.
- ☒ **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- ☒ **Weight Loss** has reduced calories (and limited saturated fat).
- ☒ **Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

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