Dinner Tonight!

Southwest Turkey Bake

1 pound extra-lean ground turkey
1 can black beans, rinsed and drained
½ jar (15 ½ ounces) salsa
½ teaspoon cumin
1/8 teaspoon ground red pepper
1 package (8 ½ ounces) corn muffin mix
¾ cup reduced-sodium chicken broth
1 egg
¾ cup shredded reduced-fat Mexican cheese

Preheat oven to 400˚ F. Brown ground turkey in skillet until no longer pink. Add black beans, salsa, cumin, and red pepper; simmer 2 minutes. Layer turkey mixture on bottom of 13x9 inch baking dish. In a medium bowl combine corn muffin mix, broth, and egg; stir well to combine. Spread corn mixture over turkey to cover. Sprinkle evenly with cheese. Bake 15 minutes or until edges are lightly browned. Cut into 8 squares and serve.

Preparation Time: 10 minutes
Cook Time: 15 minutes
Serves: 8
Cost per serving: $2.82

Nutrition facts per serving
Calories: 267
Total Fat: 7 g
Cholesterol: 61 mg
Sodium: 640 mg
Total Carbohydrate: 29 g
Fiber: 5 g
Protein: 21 g