Dinner Tonight!

**Turkey Chili Pie**

1 teaspoon vegetable oil  
1/2 onion, chopped (1/4 to 1/2 cup)  
1/2 pound lean ground turkey breast, no skin or very lean ground beef  
1 – 15 ounce can kidney beans, with juice  
1 – 15 ounce can diced tomatoes, no salt  
1/2 teaspoon garlic powder  
4 corn tortillas  
1/2 teaspoon chili powder  
1/4 cup cheddar cheese, shredded

Heat the vegetable oil in a large pan over medium-high heat. Sauté the onion briefly and add the ground turkey or meat. Cook until it is no longer pink; then add the beans, tomatoes and seasonings. Cook until the turkey or meat is done, about 3-4 minutes. Line a pie pan with the tortillas and the chili powder; top with cheese. Preheat oven to 350° F. Cover pie pan with foil and bake until heated, about 15 minutes. Serve hot.

**Alternative for Microwave:** Line a glass pie plate or casserole dish with tortillas; add chili powder; cover with waxed paper. Heat 8 minutes at full power or until heated through. Add cheese; heat about 1.5 minutes more until cheese is melted. Serve hot.

Serves: 4  
Cost per serving: $1.81

Nutrition facts per serving  
Calories: 250  
Total Fat: 4 g  
Cholesterol: 22 mg  
Sodium: 420 mg  
Total Carbohydrate: 22 g  
Fiber: 7.5 g  
Protein: 18 g