



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Leftover Turkey Curry

Ingredients:

- 5 tablespoons hot wok oil
- 1 teaspoon cumin
- 2 cloves green cardamom
- 1 bay leaf
- 2 cloves garlic, crushed
- 2 teaspoons grated fresh ginger
- 1 onion, chopped
- ½ teaspoon chili powder
- 1 teaspoon turmeric powder
- 2 tomatoes, chopped
- 50 mL (scant 1/4 cup) water
- 2 cups leftover cooked turkey meat, diced
- A few drops of lime juice
- Salt and pepper to taste
- 4 teaspoons chopped fresh cilantro
- 3 tablespoons plain low-fat yogurt

Directions:

1. Heat the wok oil on a medium heat and add in the cumin, cardamom cloves and bay leaf, heating until the ingredients begin to crackle.
2. Add in the crushed garlic and grated ginger, stirring the mixture until it turns golden brown.
3. Add in the chopped onion and stir until softened.
4. Add the powdered spices and chopped tomatoes, mixing well before turning down the heat to low.
5. Pour in the 50 mL of water and gently simmer until the mixture turns into a thick curry paste.
6. Next, add the diced turkey, lime juice and salt and pepper, cooking for about 5 minutes until the turkey is heated through.
7. Garnish with cilantro and serve with basmati rice, flavored naan bread, and a few dollops of plain yogurt.

Serves 5

Nutrition: 330 calories, 22 g fat, 4 g saturated fat, 12 g carbohydrate, 2 g fiber, 23 g protein, 115 mg sodium

Source: Oldways

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