



Simple, Seasonal, Sustainable

Recipe of the Week **Turkey and Cabbage Buns**

Ingredients:

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 0.25-ounce package active dry yeast
- 1 cup hot water
- 1 teaspoon olive oil
- Cooking Spray
- 8 ounces lean ground turkey (93% fat free)
- ½ cup chopped onion
- 4 cups chopped cabbage
- 1 teaspoon garlic powder
- ½ teaspoon ground sage
- ½ teaspoon salt (optional)
- ¼ teaspoon ground black pepper

Serves 4

Nutrition: 350 calories, 6 g fat, 1.6 g saturated fat, 54 g carbohydrate, 8 g fiber, 20 g protein, 65 mg sodium

Source: American Diabetes Association

Directions:

1. In a mixing bowl, mix together both flours, yeast, and hot water. Mix until a ball forms and then knead for 10 minutes. Place the dough into a clean bowl and cover it with plastic wrap. Set aside in a warm place to rise for 1 hour.
2. While the dough is rising, add the olive oil and a generous amount of cooking spray to a large skillet over medium high heat. Add the turkey and sauté until just cooked through.
3. Add the onion, cabbage, garlic powder, sage, salt (optional) and black pepper. Sauté until the cabbage is soft. Set aside to cool.
4. Once the bread dough has risen for an hour, preheat the oven to 375 degrees F. Coat a 9x13-inch baking dish with cooking spray.
5. Punch the dough down and roll it into a ball. Flatten the ball slightly and cut it into 8 equal-sized balls.
6. Roll each ball out into a 6 inch disk. Place 1/3 cup of the ground turkey filling in the middle of the disk and pull all the sides up and pinch together to form a bun. Place the bun seam side down in the prepared baking dish. Repeat the process for the remaining 7 buns (the buns should be touching in the pan). Cover lightly and let rise for 20 minutes.
7. After the buns rise, bake them for 30 minutes.



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