Turkey Sloppy Joes on Whole Wheat Buns

Serves 4. Total time 30 minutes. Sloppy Joe mixture freezes well.

Time and money saving tip: double the batch of Sloppy Joe mixture and freeze with extra hamburger buns for another day. To serve, thaw completely in the refrigerator and simmer on the stove top to reheat.

**Turkey Sloppy Joes on Whole Wheat Buns**

**Cole Slaw:**
- 4 cups shredded cabbage or tri-color cole slaw mix
- 3 T. light mayonnaise

**Sloppy Joes:**
- 1 T. olive oil
- 1 onion, chopped
- 8 oz. ground turkey breast
- 2 carrots, peeled and chopped into ½” pieces
- ½ green pepper, chopped into ½” pieces
- 1 cup cooked pinto beans
- 1 (15 oz.) can crushed tomatoes or tomato sauce
- 1 tsp. chili powder
- 1 T. honey
- 1 T. light soy sauce
- 4 (2 oz.) whole wheat hamburger buns, toasted

Combine cabbage or cole slaw mix in a bowl with mayonnaise, chill 20 minutes. Warm oil in a Dutch oven over medium-high heat. Add onion; cook 3 minutes. Add turkey and cook 5 minutes while breaking up with the back of the spoon. Add carrots, green pepper, beans, crushed tomatoes, chili powder, honey, and soy sauce. Cover partially, bring to a simmer, and cook 15 minutes until turkey is cooked through and vegetables are crisp tender. To serve, spoon Sloppy Joe mixture on half of hamburger bun. Top with cole slaw and remaining half of hamburger bun or serve open faced.

Nutrition Information (per 1/4 recipe, 1 cup Sloppy Joe mixture and ½ cup Cole slaw):
- 409 cal, 24 g protein, 10 g fat, 2 g sat. fat, 0 g trans fat, 59 g carb, 13 g fiber, 39 mg chol, 633 mg sodium.
- 1 serving equals: 2.5 vegetables, 2 whole grain, 1 protein/dairy, 1 fat

**Apple Slices and Grapes**

- 2 medium red or green apples, sliced
- 1 cup of red or green grapes

Nutrition Information (per 1/4 recipe):
- 59 cal, 0.5 g protein, 0 g fat, 0 g sat. fat, 0 g trans fat, 16 g carb, 2 g fiber, 0 mg chol, 1 mg sodium.
- 1 serving equals: 1 fruit

Total Meal Nutrition Information (per 1/4 of each recipe):
- 468 cal, 24 g protein, 10 g fat, 2 g sat. fat, 0 g trans fat, 75 g carb, 15 g fiber, 39 mg chol, 634 mg sodium.
- 1 serving equals: 2.5 vegetables, 1 fruit, 2 whole grain, 1 protein/dairy, 1 fat

**Did you know?**

Apples contain antioxidants, such as quercetin, that may reduce the risk of some cancers. They also contain a soluble fiber called pectin that can help lower cholesterol and the risk of heart disease.

Carry an apple to work or school for a quick snack. For a delicious sandwich, top whole grain bread with a little peanut butter and thinly sliced apples.

Choose whole, unpeeled apples whenever possible because they contain more fiber and antioxidants than products such as apple sauce or apple juice.

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Shopping List

**Produce Section**
- 4 cups shredded cabbage or cole slaw mix (see tip #1)
- 2 carrots
- 1 onion
- ½ green pepper
- 2 medium red or green apples
- 1 cup of red or green grapes

**Dry Goods Section**
- 4 (2 oz.) whole wheat hamburger buns
- 1 (15 oz.) can crushed tomatoes
- 1 pkg. dried pinto beans (to be cooked ahead) OR 1 (15 oz.) can pinto beans (to be rinsed and drained)
- 3 T. light mayonnaise
- 1 T. olive oil
- 1 T. honey
- 1 T. lite soy sauce (see tip #2)
- 1 tsp. chili powder

**Meat/ Dairy Section**
- 8 oz. ground turkey breast (see tip #3)

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**Smart Shopper Tip #1:**
To save time, look for prebagged cole slaw mix in the produce section. The tri-color variety with green cabbage, red cabbage, and shredded carrots adds color and extra vitamin A. Example brands include Fresh Express Tri-Color blend or your local grocery store brand.

**Smart Shopper Tip #2:**
Lite soy sauce is also labeled “reduced sodium.”

**Smart Shopper Tip #3:**
Be sure to choose ground turkey breast that is low in fat and saturated fat. Don’t confuse it with ground turkey which usually contains the fattier skin and dark meat.

Since ground turkey breast is more expensive than ground turkey, it has been extended in this recipe with vegetables and inexpensive pinto beans.

Feel free to double the batch of Sloppy Joe mixture and freeze the leftovers. One pound of ground turkey breast will make two batches of Sloppy Joe mixture.