NOURISH TO FLOURISH

RECIPES THAT SUPPORT IMMUNE HEALTH



Presented by

THINK TURKEY.



"HI! I'M SHANNON. I'M A DIETITIAN, HOME ECONOMIST, FOODIE, CHAUFFEUR OF TEENAGERS, AND MAKER OF MANY, **MANY MEALS."**

The kitchen is my happy place: I'm passionate about nutrition and food and how it has the potential to enhance your life and connect you with others while fueling your body and mind.

Staying well has been top of mind for me lately, as it is for many people right now. This is why I created my new turkey recipes to be flavourful while helping promote optimal wellness. You can keep your immune system strong by regularly eating nutrient-rich, wholesome foods and you'll find plenty in these recipes, including:

- · Veggies and fruits (each recipe has at least one serving)
- · Whole grains (like the barley in my Mediterranean Nourish Bowl)
- Protein-rich foods (hello, turkey!)
- Nuts and legumes (like black beans in the Turkey and Black Bean Tacos)

I also made sure these recipes are pretty easy to make and versatile, incorporating many interchangeable ingredients. No fresh cauliflower? Use frozen. Not a broccoli fan? Try snap peas. Can't find fish sauce? Skip it or use soy sauce. Whatever works for you!

I've tested these recipes with some brutally honest critics in my household, so I know they score big points for flavour. Healthy food is important, but it also has to taste good. I hope these recipes will inspire you to get creative in your kitchen while making healthful, satisfying meals for yourself and your family.

Stay healthy and well,

Shannon Crocker

SHANNON'S SHOPPING LIST

I recommend sticking to a balanced diet consisting of a variety of wellness-promoting foods that provide the nutrients you need for a robust immune system.

I've designed this shopping list so you can buy the basic ingredients for these Nourish to Flourish recipes. Use this list as your starting point, adding in other wholesome foods so you have the ingredients to build all sorts of tasty and nourishing meals.



VEGGIES AND FRUIT

Bok choy

Broccoli

Cabbage

Cauliflower

Garlic

Ginger

Green onions

Mushrooms

Oranges

Peppers (red and yellow)

Red onions

Sweet potatoes

Cherry tomatoes



TRADITIONAL PROTEIN-RICH **FOODS**

Turkey breast

Turkey thighs, bone-in, skin-on

Ground turkey

Eggs

Cheese (feta, cheddar)

Yogurt (plain)



PLANT-BASED PROTEIN

Black beans

Chickpeas

Sliced almonds



WHOLE GRAINS

Barley

Whole grain noodles



GINGER SPIKED MINITURKEY MEATBALL SOUP

Craving take-out noodle soup? With fragrant ginger, bright green onion and tangy lime, this homemade version is a nutrition-packed copycat of the real thing that will fulfill your craving just as well! Mini turkey meatballs are a fun addition to this soup and make it a satisfying meal. Don't be scared off by the list of ingredients - this soup can be made in a snap.



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One Pan (for easy clean up!)



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Prep Time

20 min



Cook Time:

INGREDIENTS

MINI TURKEY MEATBALLS

1 pound (454 grams) package ground turkey

1/4 cup panko bread crumbs

2 tsp canola oil

1 tsp grated fresh ginger root

1 tsp soy sauce

½ tsp pepper

⅓ tsp sriracha

1 clove garlic, pressed

1 green onion, diced (white and green parts)

SOUP

1 tbsp canola oil

1 cup thickly sliced green onions (white and green parts, about 1 bunch)

6 cups reduced sodium poultry broth

3 cups thinly sliced mushrooms

2 tbsp grated fresh ginger root

1 tbsp reduced sodium soy sauce

2 tsp fish sauce

2 cloves garlic, minced

4 cups thinly sliced baby bok choy (stalks and greens)

2 tbsp fresh lime juice

150 grams whole grain spaghetti noodles, broken in thirds, cooked according to package direction

4 soft cooked eggs, halved (optional)

Optional Garnishes: sesame oil, sriracha, shredded carrot, cilantro, lime wedges

INSTRUCTIONS

STEP 1: MINI MEATBALLS

In a medium bowl, mix the turkey, bread crumbs, canola oil, ginger, soy sauce, pepper, sriracha, garlic and green onion. Using a teaspoon measure, scoop heaping teaspoons of meatball mixture and gently shape into mini meatballs. Place meatballs on a foil lined baking tray. Broil on high for about 5 minutes, until an instant read thermometer registers 165°F. Put cooked meatballs into a medium bowl and cover to keep warm. Set aside.

STEP 2: SOUP

In a large pot, on medium-high heat, add oil and green onion. Stir-fry for about 3 minutes, until green onions are slightly browning.

STEP 3

Add broth, mushrooms, ginger, soy sauce, fish sauce and garlic. Bring to a boil over high heat. Reduce heat, cover and simmer for 3 minutes.

STEP 4

Increase heat to high, add bok choy and cook uncovered for 2 minutes until tender-crisp. Remove pot from heat. Stir in lime juice.

STEP 5

With a slotted spoon, divide vegetables among 4 soup bowls. Add cooked noodles and pour broth into bowls. Top with turkey meatballs and soft cooked eggs (if using).

STEP 6

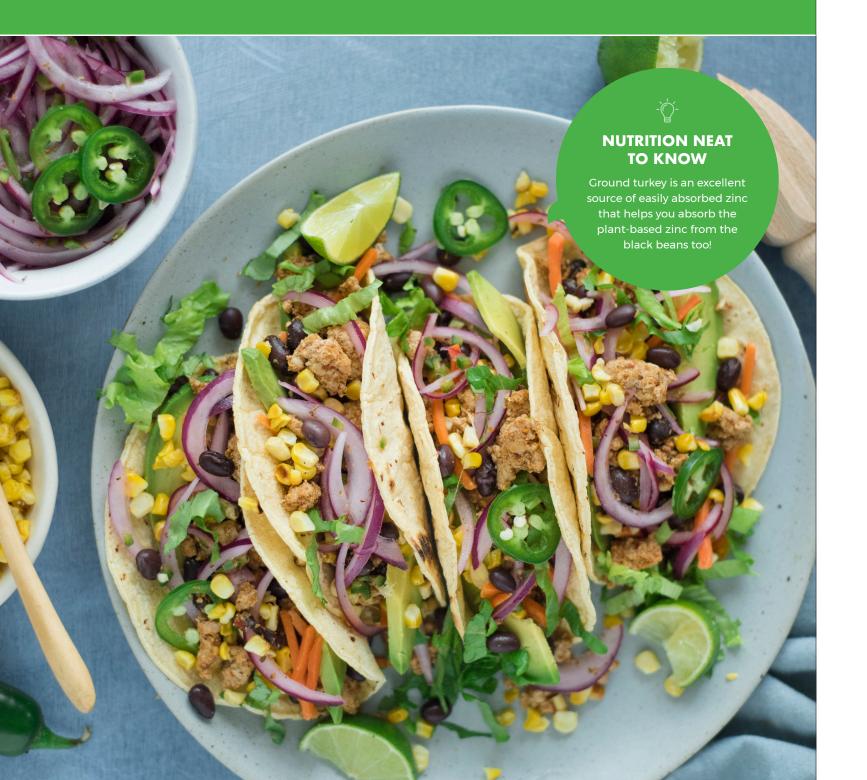
Drizzle with sesame oil and sriracha and sprinkle carrot and cilantro (if using). Serve with extra lime wedges.

TIPS

Short on time? Top your soup with quick-fried ground turkey instead of meatballs. Simply add all meatball ingredients except the panko bread crumbs to a pan over high heat and cook for 5 minutes until the turkey is cooked through and lightly browned.

TURKEY & BLACK BEAN TACOS WITH RED ONION SALSA

No need to wait for Taco Tuesday! Chockful of nutrient-rich turkey, black beans, tangy red onion salsa and lots of veggie toppings, you can enjoy these turkey tacos any night of the week.



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ငြို Family friendly





15 min

INGREDIENTS

RED ONION SALSA

2 cups thinly sliced red onion (about 1 large onion)

3 tbsp fresh lime juice

2 tbsp canola oil

2 tbsp diced jalapeño pepper (about 1 small pepper)

1 tsp dried oregano

1/4 tsp salt

TURKEY TACO

1 pound (454 grams) package ground turkey

1 tbsp canola oil

1 cup canned black beans, drained and rinsed

1 cup water

1 tbsp chili powder

1 tbsp ground cumin

1 tbsp garlic powder

1 tbsp onion powder

1 tsp crushed red pepper flakes (optional)

10 to 12 small corn or whole grain tortillas or crunchy lettuce leaves

Optional Toppings: Your choice! Try any of the following: shredded carrot, lettuce, chopped tomatoes, shredded cabbage or bagged cabbage slaw, sliced sweet red peppers, sliced avocado, toasted corn, shredded cheese and salsa.

INSTRUCTIONS

STEP 1: RED ONION SALSA

In a small bowl, combine red onion, lime juice, oil, jalapeño pepper, oregano and salt. Set aside.

STEP 2: TURKEY TACO

Heat oil in a large skillet, over medium-high heat. Add turkey, breaking into crumbles with a spoon. Cook, stirring frequently until browned and cooked through, about 7 minutes.

Add the black beans, water, chili powder, cumin, garlic powder, onion powder, red pepper flakes and salt. Simmer until water is absorbed, about 5 minutes.

STEP 4

Serve taco mixture along with tortillas or crunchy lettuce leaves, Red Onion Salsa and assorted toppings. Let everyone create their own taco the way they like it!

TIPS

Double up: Double the ingredients and make turkey taco salads for lunch the next day.

MEDITERRANEAN TURKEY NOURISH BOWL WITH LEMONY VINAIGRETTE

I like to cook a turkey breast on the weekend so I can make quick, no-cook meals during the week, like this super tasty Nourish Bowl. This energizing powerhouse meal is loaded with veggies, chickpeas, barley and lean turkey, while the lemony vinaigrette packs a flavourful punch. Get ready for a newfound appreciation for healthy eats.



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Ready in 20 minutes



Serves: 4



Prep Time: 20 min

INGREDIENTS

LEMONY VINAIGRETTE

⅓ cup olive oil

3 tbsp fresh squeezed lemon juice

1 tsp dried oregano

1/4 tsp each salt and pepper

1 very small clove garlic, pressed

Pinch crushed red pepper flakes

NOURISH BOWL

2 cups cooked cubed turkey

2 cups sliced and quartered English cucumber (about 1 small)

2 cups halved grape tomatoes

2 cups chopped sweet yellow pepper (1 pepper)

2 cups cooked barley, brown rice or quinoa (optional)

1 cup canned chickpeas, drained and rinsed

⅓ cup crumbled feta cheese

1/4 cup diced red onion

4 tbsp sliced kalamata olives

INSTRUCTIONS

STEP 1: LEMONY VINAIGRETTE

In a small bowl, whisk together oil, lemon juice, salt, pepper, garlic and red pepper flakes. Set aside.

STEP 2: NOURISH BOWL

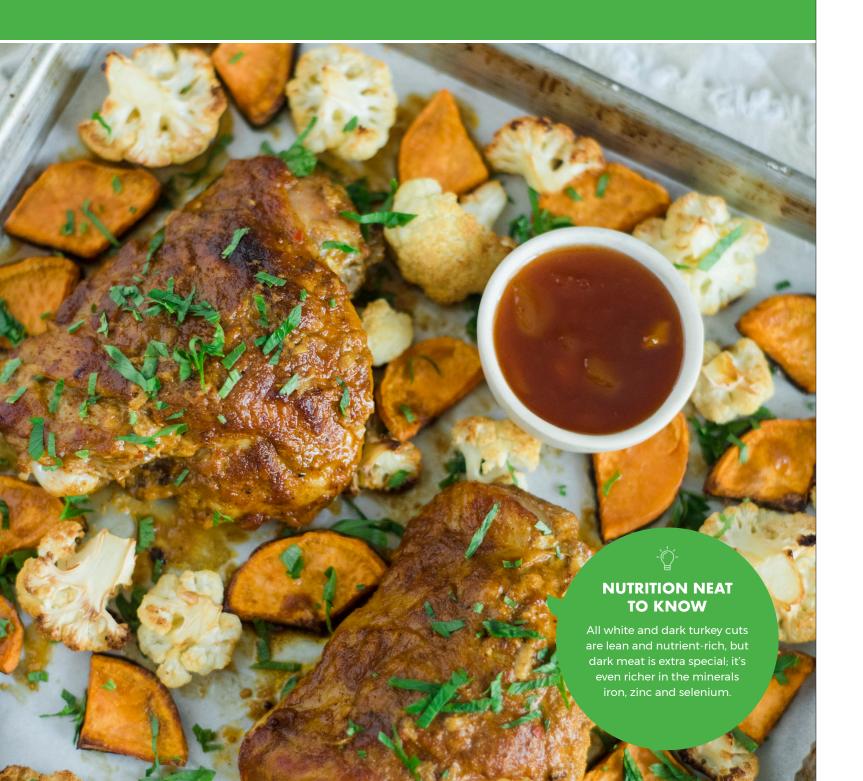
Divide turkey, cucumber, tomatoes, pepper, barley and chickpeas among four bowls. Top with feta, onion and olives. Drizzle with lemony vinaigrette.

TIPS

Switch it up! Add all the ingredients (except cucumber) and the vinaigrette into a hot skillet and stir until heated through for a warm nourish bowl.

SHEET PAN MADRAS TURKEY WITH **SWEET POTATO AND CAULIFLOWER**

Showy but simple, this "set it and forget it" sheet pan meal is the busy person's dream dinner. Pop the pan in the oven and get other things done (or relax!) while your meal cooks. The roasted sweet potato, cauliflower and turkey pair perfectly with the warm curry spice. The result? Dinner perfection.



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Set it and forget it!







At least 6 hours or

INGREDIENTS

1/2 cup plain yogurt (not Greek)

- 6 tbsp canola oil, divided
- 2 tbsp madras curry paste
- 2 tbsp fresh lime juice
- 2 cloves garlic, pressed
- 4 small turkey thighs (about 275 grams per thigh)
- 1 large head cauliflower, cut into bite-size florets (about 6 cups)
- 2 large sweet potatoes, cut into 1-inch pieces
- 1/4 tsp salt

Optional Garnishes: Mango chutney and Flat-leaf parsley, roughly chopped

INSTRUCTIONS

STEP 1

In a large dish, combine yogurt, 3 tablespoons of canola oil, madras curry paste, lime juice and garlic. Add turkey and toss to coat, using your hands to get under the skin. Cover and refrigerate for at least 6 hours or overnight.

STEP 2

Preheat the oven to 425°F. Line a rimmed baking sheet with parchment paper. Add cauliflower and sweet potatoes to the baking sheet; drizzle with the remaining oil and sprinkle with salt. Toss to coat and spread into a single layer.

STEP 3

Remove turkey from marinade and discard extra marinade. Place turkey, skin side up, among the vegetables. Roast until the turkey is golden and cooked through and an instant-read meat thermometer inserted into the thickest part of the turkey registers 165°F, about 30 to 35 minutes, depending on the size of the thighs.

STEP 4

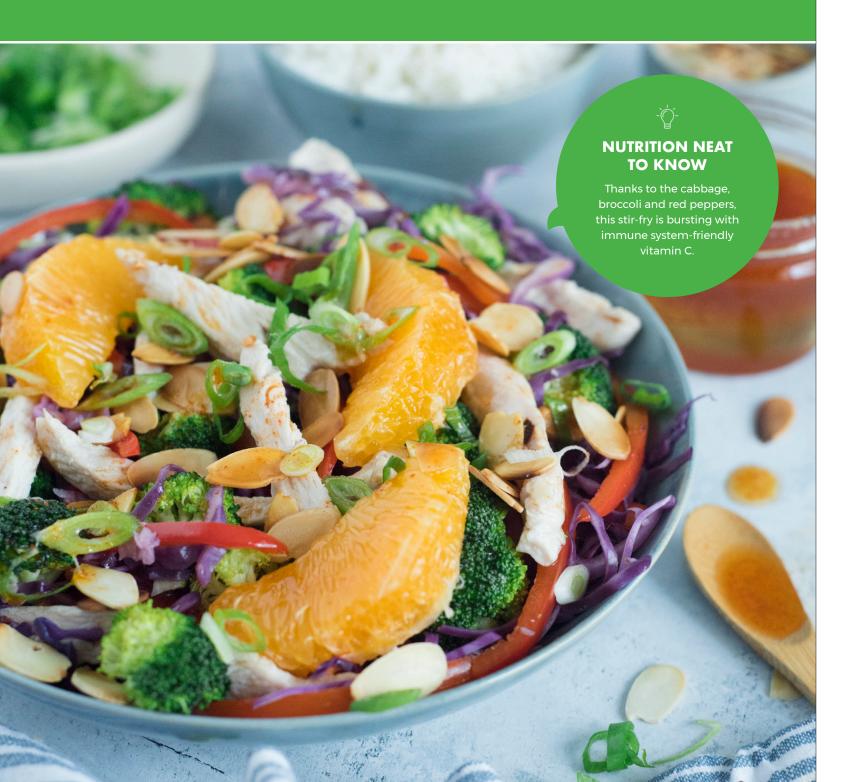
Sprinkle with flat-leaf parsley (if using) and serve with your favourite mango chutney (optional).

TIPS

Marinating is a must: Marinating the turkey overnight will give it the best depth of flavour. Plus, it saves time when you're prepping dinner. Another time saver: cut the vegetables the night before.

HOT HONEY TURKEY STIR-FRY WITH TOASTED ALMONDS

There's so much to love about this stir-fry: it's ready in a jiffy, jam-packed with nourishing turkey and vitamin-rich veggies, and offers a hint of sweet heat along with a light orange flavour. Toasted sliced almonds also kick up the fun factor with some added crunch. I serve this with brown rice for folks with bigger appetites.



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Versatile (swap in any veggies you love)





Serves: 4

Prep Time 15 min



Cook Time

INGREDIENTS

HOT HONEY SAUCE

1/4 cup honey

1 tbsp canola oil

1 tbsp orange juice

¼ tsp cayenne pepper

STIR-FRY

1/4 tsp salt

2 tbsp canola oil, divided

1 pound (454 grams) turkey breast cut into ½-inch strips

2 cups bite-size broccoli pieces

2 cups thinly sliced red cabbage

1 red pepper, thinly sliced

1 small clove garlic, pressed

1/2 cup toasted sliced almonds

Optional Garnishes: sliced green onion and orange wedges

INSTRUCTIONS

STEP 1: HOT HONEY SAUCE

In a small bowl, whisk together honey, oil, orange juice and cayenne pepper. Set aside.

STEP 2: STIR-FRY

In a large nonstick skillet or wok, heat 1 tbsp of oil over medium-high heat. Season turkey with salt, add to skillet and stir-fry for 3 to 4 minutes, until turkey is cooked through. Transfer turkey to a medium bowl; cover with large plate to keep warm.

STEP 3

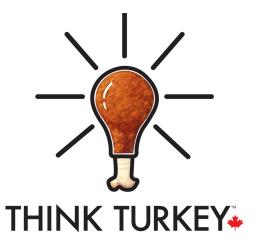
Add remaining oil to the same skillet. Add broccoli, cabbage, red pepper and garlic. Stir-fry for 2 to 3 minutes until just tender crisp.

STEP 4

Divide vegetables onto four plates, top with turkey and slivered almonds. Drizzle with hot honey sauce. Serve with optional garnishes of green onion and orange wedges.

TIPS

Fresh swap: Instead of fresh veggies, use a bag of frozen stir-fry veggies and just factor in a few extra minutes of cooking time.



For more great recipe inspiration, visit **ThinkTurkey.ca** and be sure to use the hashtag **#ThinkTurkey** when sharing recipes online or on social!