

turkey!

1

Shopping List

5 Recipes

**STRETCHING YOUR FOOD
DOLLARS MAKES "CENTS"**



Grocery List

Meat	Spices
93/7 lean ground turkey (6 1/4 lb)	Cumin
	Chili powder
Produce	Ground oregano
Carrot (1 large)	Chipotle pepper powder
Zucchini (2 large)	Cayenne pepper powder
Garlic (1 large bulb)	Garlic & onion powder
Jalapeño (2)	Black pepper
Green bell pepper (3 large)	
White onion (1 small)	Canned & Dry Goods
Green onion (2 small)	No-salt-added tomato paste (6 oz)
Yellow onion (2 medium)	No-salt-added diced tomatoes (15 oz)
Cilantro (1 bunch)	No-salt-added tomato sauce (15 oz)
Sweet potato (3 large)	Red enchilada sauce (19 oz)
	Unsalted chicken broth (32 oz)
Dairy & Eggs	
Part-skim mozzarella cheese, shredded (32 oz)	Grains
Low-fat cottage cheese (16 oz)	Corn tortillas (10 count)
Monterey Jack cheese, shredded (16 oz)	Instant white rice (12 oz)
Non-fat plain Greek yogurt (5.3 oz)	100% whole wheat bread (1 loaf)
1% low-fat milk (1 quart)	
Large eggs (1 dozen)	Pantry Items
	Non-stick cooking spray
Frozen	Olive oil
Frozen mixed vegetables (32 oz) (corn, peas, carrots, green beans)	Sriracha chili sauce
	Low-sodium soy sauce

Grocery list reflects the ingredients used in these 5 recipes.
Recipe costs collected at an Oklahoma supermarket in 2020.



LOOK FOR THESE ICONS WHEN CHOOSING RECIPES

1 for 1 certified

Are calories & sodium close to a match?

This recipe is 1 for 1 certified & meets a lower sodium standard.

No-Noodle Lasagna

Nutrition Facts	
9 servings per recipe	
Serving size	(252g)
Amount per serving	Calories 230
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 330mg	14%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 232mg	20%
Iron 2mg	10%
Potassium 595mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Serves: 9 | Estimated Time: 30 min



Ingredients:

1 1/2 lbs 93/7 lean ground turkey	2 large zucchini
1 1/2 cups low-fat cottage cheese, drained	2 cups shredded part-skim mozzarella cheese, divided
1 (15 oz) can no-salt-added tomato sauce	1 large carrot, shredded
Non-stick cooking spray	

Preparation:

- Heat a large skillet over medium. Add turkey & cook 7-8 minutes, crumbling meat, stirring occasionally. Drain & set aside.
- Slice zucchini in long, thin strips.
- In a large bowl, mix cooked turkey, cottage cheese & half of the mozzarella.
- In a medium bowl, add tomato sauce & carrot. Mix well. Lightly coat a square glass baking dish with cooking spray. Place 1/2 cup sauce in the dish. Layer with zucchini, then cheese mixture. Repeat twice, ending with cheese mixture. Top with remaining cheese.
- Cover with plastic wrap, leaving a corner open to vent. Microwave on high 5 minutes or until zucchini is tender.

Recipe cost:

\$12.14 / 9 servings = \$1.35 per serving

Jalapeño Turkey Enchiladas



Nutrition Facts	
8 servings per recipe	
Serving size	(237g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 590mg	26%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 260mg	20%
Iron 2mg	10%
Potassium 371mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serves: 8 | Estimated Time: 40 min



Ingredients:

3 cloves garlic, minced	1 lb 93/7 lean ground turkey
2 jalapeños, finely diced	2 large green bell peppers, diced
1 medium yellow onion, diced	1 tsp cumin
2 cups shredded Monterey Jack cheese, divided	1 (19 oz) can red enchilada sauce
8 corn tortillas, warmed	1/2 cup minced fresh cilantro

Preparation:

1. Preheat oven to 425°F.
2. Heat a large skillet over medium-high. Add garlic & turkey. Cook 4-5 minutes or until browned on all sides, crumbling meat throughout. Add peppers, onion & cumin. Cook 4-5 minutes or until meat is cooked through & vegetables are crisp-tender. Remove from heat & stir in 1 cup cheese.
3. In a large casserole dish, pour half of the enchilada sauce, spreading evenly. Spoon turkey mixture into center of the tortilla. Roll it up & place seam-side down in the dish. Repeat for all tortillas. Top with remaining sauce & cheese.
4. Bake 15-20 minutes uncovered or until cheese is melted & sauce is bubbling.
5. Serve topped with cilantro.

Recipe cost:

\$13.49 / 8 servings = \$1.69 per serving

Chipotle Turkey Chili

Nutrition Facts	
4 servings per recipe	
Serving size	(536g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 300mg	13%
Total Carbohydrate 28g	10%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 4mg	20%
Potassium 1252mg	25%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Serves: 4 | Estimated Time: 45 min



Ingredients:

1 lb 93/7 lean ground turkey	1 medium yellow onion, diced
3 cloves garlic, minced	1 (6 oz) can no-salt-added tomato paste
2 Tbsp chipotle chili seasoning*	1 large unpeeled sweet potato, diced
1 (15 oz) can no-salt-added diced tomatoes, undrained	3 cups unsalted chicken broth
1/2 cup plain non-fat Greek yogurt	

Preparation:

1. Heat a large stockpot over medium-high. Add turkey, onion & garlic. Cook 5-7 minutes or until cooked through, crumbling meat throughout. Drain excess liquid if needed.
2. Stir in tomato paste & chili seasoning*. Cook 1-2 minutes or until paste is warm.
3. Add potatoes, tomatoes & broth. Bring to a boil. Reduce heat to medium & cook 20-25 minutes or until potatoes are fork-tender & chili has thickened, stirring occasionally.
4. Serve topped with yogurt.

Recipe cost:

\$9.18 / 4 servings = \$2.30 per serving

Chipotle Chili Seasoning*

- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1/4 tsp cayenne pepper
- 1/2 tsp chipotle pepper powder
- 1/4 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp black pepper

Sweet Potato Shepherd's Pie



Nutrition Facts	
8 servings per recipe	
Serving size	(475g)
Amount per serving	240
Calories	
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 180mg	8%
Total Carbohydrate 31g	11%
Dietary Fiber 7g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 178mg	15%
Iron 2mg	10%
Potassium 646mg	15%

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Serves: 8 | Estimated Time: 35 min



Ingredients:

2 large sweet potatoes, cubed	3 Tbsp olive oil
1 small white onion, chopped	1 1/2 lbs 93/7 lean ground turkey
2 tsp garlic powder	2 tsp ground oregano
3 cups frozen mixed vegetables (corn, green beans, carrots, peas)	1/4 cup 1% low-fat milk
Non-stick cooking spray	1 1/2 cups part-skim shredded Mozzarella cheese

Preparation:

1. Preheat oven to 350°F. Fill a large stockpot with water. Add potatoes, cover & boil 12-15 minutes or until fork-tender. Drain & set aside to cool.
2. Meanwhile, in a large skillet, add oil & onion. Sauté on medium-high 2-3 minutes, or until onions are soft. Add turkey, garlic powder & oregano. Cook 5-7 minutes, crumbling meat, stirring occasionally until meat is cooked through. Stir in mixed vegetables. Mix well.
3. Add milk to stockpot & mash potatoes until fluffy.
4. Lightly coat a large casserole dish with cooking spray. Spread turkey & vegetable mixture on bottom. Carefully scoop & spread potato mixture on top of turkey. Top with cheese & bake 10-15 minutes.
5. Let cool 10 minutes & serve

Recipe cost:

\$12.09 / 8 servings = \$1.51 per serving

Sriracha Turkey Meatballs

Nutrition Facts	
6 servings per recipe	
Serving size	(253g)
Amount per serving	300
Calories	
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 320mg	14%
Total Carbohydrate 31g	11%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 1mcg	6%
Calcium 59mg	4%
Iron 3mg	15%
Potassium 284mg	6%

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Serves: 6 | Estimated Time: 30 min



Ingredients:

1 1/2 cups instant white rice	1 large green bell pepper, finely diced
1 large egg	1 1/4 lbs 93/7 lean ground turkey
3 garlic cloves, minced	2 Tbsp chopped cilantro
2 Tbsp sriracha chili sauce	1 Tbsp low-sodium soy sauce
2 green onions, chopped	2 slices whole-wheat bread, torn into small pieces
Non-stick cooking spray	1/2 cup water

Preparation:

1. Prepare rice according to package directions. Add peppers to pot halfway through cooking. Cover & set aside.
2. In a large bowl, whisk egg. Add turkey, garlic, cilantro, chili sauce, soy sauce, onions & bread. Combine thoroughly. Scoop 1 Tbsp of meat into palm of hand & roll into a small ball. Repeat until all meatballs are made.
3. Lightly coat a large skillet with cooking spray & heat over medium. Cook meatballs 2-3 minutes per side until browned on all sides, adding water as needed. Cover & let simmer 6-7 minutes or until meatballs are cooked through.
4. Serve meatballs over rice.

Recipe cost:

\$6.13 / 6 servings = \$1.02 per serving

Helpful Tips for Grocery Shopping

Don't shop hungry....
Eat before you go!

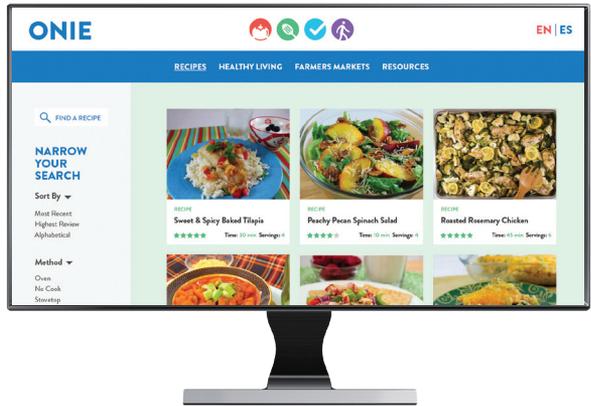
Shopping on a full stomach helps avoid unplanned purchases.

Buy seasonal goods from your local farmers market.

Locally grown produce can be budget-friendly & lasts longer.

Buy store-brand items.

Typically the same but a fraction of the cost.



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