

Turkey Recipes



TURKEY RECIPES
Low Sodium

SLOW COOKER TURKEY CHILI

Slow Cooker Chili's can be very high in sodium, but here is a healthy low sodium Turkey Chili recipe that is great when you have some turkey meat left over. Make your own homemade spice mix and keep it in the pantry .This recipe has 200 mg of sodium per 1 ½ cups of Turkey Chili.

Spice Mix Ingredients

- 1/2 cup chili powder salt free
- 1/4 cup garlic powder
- 1/4 cup cumin
- 3 tbsp onion powder
- 2 tbsp oregano
- 1 tbsp paprika
- 1 teaspoon red pepper flakes
- 1 tbsp thyme(optional)

To make the seasoning: add the chili powder, garlic powder, cumin, onion powder, paprika, red pepper flakes and thyme to a mason jar.

Seal the jar and shake it up to mix. Keep the spice mix sealed in the jar in your pantry, where it will keep for a few months.



Chili Ingredients



- 1 & ¼ pounds leftover turkey meat
- 1 large onion chopped
- 1 clove garlic minced
- 1 & 1/2 cup corn fresh, frozen, or no salt added
- 1 medium red bell pepper seeded and chopped
- 1 medium green bell pepper seeded and chopped
- 1 28 oz can crushed tomatoes no salt added
- 1 15 oz can black beans no salt added, drained, and rinsed
- 1 8 oz can tomato sauce no salt added

For the Chili:

Add the turkey mix, onions, crushed tomatoes, corn, peppers, beans, sauce, and 3 tbsp of the chili seasoning mix to your slow cooker.

Cook on low for 4-5 hours on high or 6-8 hours on low

Serve in bowls and offer toppings like low sodium hot sauce, shredded Swiss cheese, finely diced red onions, sliced avocado, scallions, low sodium sour cream, and no salt added tortilla chips.

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SPICY TURKEY & MEATBALLS

This has only 188 mg of sodium per serving size (1 cup)

Ingredients

2 pounds finely chopped up
leftover turkey meat

½ cup green onions, chopped

½ cup red pepper, chopped

1 egg

Juice of one lime

1 tablespoon red pepper flakes

1 teaspoon cumin

2 tablespoon hot sauce

1 teaspoon black pepper

Breadcrumbs



Directions

In a large bowl combine finely chopped turkey meat and add egg, onions, red peppers, red pepper flakes, black pepper. Mix well and add breadcrumbs to get the balls to the right consistency/

Other vegetables: other bell peppers or pimentos, mushrooms, broccoli.

Other seasonings you may like: ground or crushed red pepper, onion or garlic powder, poultry seasoning.

Sprinkle a little lime juice or parmesan cheese before serving.

Jalapeño Turkey

Ingredients

3 tablespoons vegetable oil

2-3 pounds turkey cut up (skin and fat removed)

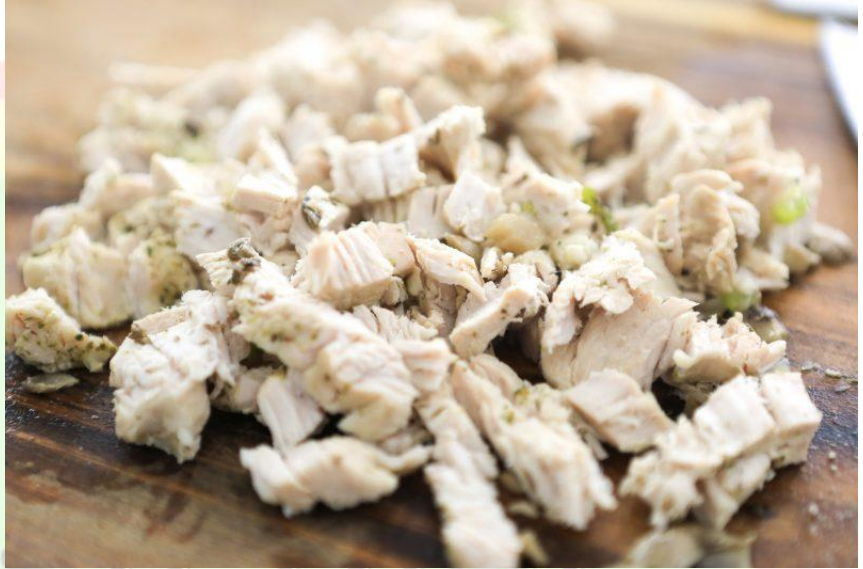
1 onion, sliced into rings

1 ½ cups low-sodium chicken bouillon

½ teaspoon ground nutmeg

¼ teaspoon black pepper

2 teaspoons fresh jalapeño peppers, finely chopped and seeded



Directions

1. Heat oil, brown turkey pieces and set aside, keeping warm.
2. Add onion rings to oil and sauté. Add bouillon and bring to a boil, stirring often.
3. Return Turkey to pan; add nutmeg and black pepper. Cover and simmer for 35 minutes or until chicken is tender.
4. Stir in jalapeño peppers, and simmer for another minute.

Tips:

This can be also made into a Turkey Chili if you want to add a can of black or white beans

Turkey and Rice



This recipe only has 76mg of sodium per $\frac{3}{4}$ cup of Turkey and Rice

Ingredients

1 pound turkey meat parts

1 8oz bag of frozen carrots and peas

1 teaspoon black pepper

1 tablespoon poultry seasoning

$\frac{1}{2}$ cup chopped onion

$\frac{1}{2}$ teaspoon garlic powder

4 cups water

1 tablespoon vegetable oil

1 teaspoon onion powder

1 teaspoon crushed bay leaves (optional)

1 cup uncooked rice

Directions

1. Place chicken parts, black pepper, poultry seasoning, onions, frozen vegetables, onion powder, garlic powder, and bay leaves in Dutch oven; cover with water. Cook until chicken is tender.
2. Remove chicken meat and skin from bone. Discard skin, reserve chicken meat and 2 cups of broth.
3. In a large pot, combine rice, vegetable oil, 2 cups broth, and chicken meat. Bring to a boil over medium-high heat.
4. Simmer on low heat for 20-25 minutes. Garnish with some scallions and serve hot.

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TURKEY and CRANBERRY SALAD

INGREDIENTS

For The Salad:

- 6 oz diced Thanksgiving turkey
- 4 cups baby spinach
- 3 oz crumbled goat cheese
- 1 avocado diced
- 1/4 cup pomegranate seeds

To assemble the salad, begin with a bed of fresh baby spinach, then top with diced Thanksgiving turkey, crumbled goat cheese, diced avocado and some pomegranate seeds. Drizzle with the cranberry Dijon vinaigrette and enjoy.



For The Cranberry Dijon Vinaigrette:

- 1/3 cup olive oil
- 3 tbsp red wine vinegar
- 1 tbsp balsamic vinegar
- 1/4 cup prepared cranberries
- 1 tbsp Dijon mustard
- 1 small clove garlic
- 1/4 tsp pepper

To make the vinaigrette dressing, in a blender, combine the olive oil, red wine vinegar, balsamic vinegar, prepared cranberries, Dijon mustard, a small garlic clove, and ground black pepper. Blend until very smooth, set aside. If you'd like the consistency to be a tiny bit looser, you could add 1-2 tbsp. water, if desired. Add some walnuts on the side if you like a crunch.

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Dash Diet Recipes