

Turkey Skillet Dinner

MAIN DISHES

TURKEY SKILLET DINNER

- 1 med. onion, cut into $\frac{1}{2}$ -in. wedges
- 1 T. vegetable oil
- 1 (14 $\frac{1}{2}$ -oz.) can stewed tomatoes
- 3 c. diced cooked turkey
- 1 med. green pepper, cut into 1-in. pieces
- 1 (8-oz.) can whole-kernel corn, drained
- $\frac{3}{4}$ c. picante sauce
- 1 tsp. ground cumin
- $\frac{1}{2}$ tsp. salt
- 2 c. hot cooked rice



Cook onion in oil in 10-inch skillet until tender, about 3 minutes. Add tomatoes, breaking up large pieces with wooden spoon. Stir in turkey, green pepper, corn, picante sauce, cumin and salt; simmer 10 minutes or until green pepper is crisp-tender. Ladle into bowls. Top with rice. Makes 4 servings (**609 calories** and **15.8 grams of fat** per serving).

Notes
