

Comfort food for a comfortable fall



BARBECUED TURKEY JOES

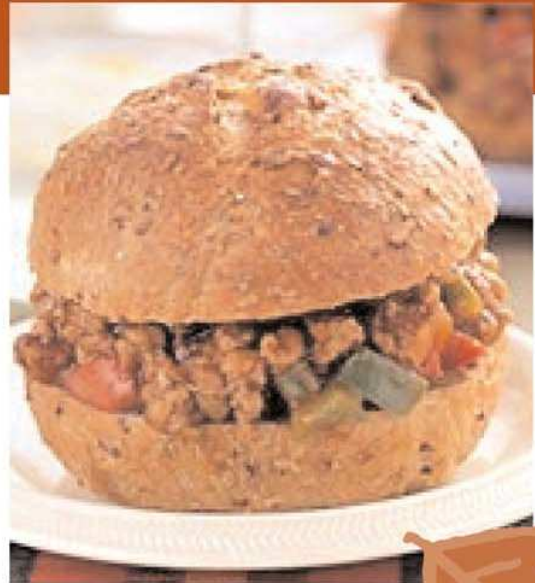
POINTS® value - 6
Servings - 4
Preparation Time - 10 min
Cooking Time - 15 min
Level of Difficulty - Easy

Use extra-lean ground turkey to help keep the fat down in this zesty, quick-cooking sandwich. Opt for a tangy barbecue sauce for extra flavor.

Ingredients

1 pound lean ground turkey
1/2 medium green bell pepper, chopped
1/2 medium sweet red pepper, chopped
1/2 medium onion, chopped
1 cup barbecue sauce



1/8 tsp cayenne pepper
4 medium mixed-grain hamburger rolls,
sliced in half



Instructions

1. Brown turkey in a nonstick skillet coated with cooking spray, about 8 to 10 minutes. Drain off liquid. Add peppers and onion and cook until tender, about 3 minutes.
2. Add barbecue sauce and cayenne pepper; heat thoroughly, stirring frequently, about 2 minutes.
3. Top bottom half of buns with turkey mixture; cover with top half of bun and serve.

PER SERVING: 300 Calories, 10 g Total Fat, 90 mg Cholesterol, 790 mg Sodium, 31 g Carbohydrates, 3 g Dietary Fiber, 26 g Protein



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