

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Autumn Turkey, Butternut Squash, and Apple Casserole

This savory dish uses seasonal ingredients that are rich in fiber, Vitamins A and C along with lean ground turkey, sage and a touch of creamy gorgonzola cheese for a satisfying healthy meal the whole family will love! Try swapping the ground turkey with your leftover Thanksgiving turkey or skip the turkey and serve as a meatless side dish.
Serves 4

Ingredients

- 1 teaspoon olive oil
- 1 pound ground turkey (93% lean)
- 2 cloves garlic, minced (2 teaspoons)
- ½ cup minced onion **or** 2 large shallots, minced
- 1/2 cup low-sodium chicken broth **or** dry sherry
- 1 medium butternut squash (about 1 ½ pounds), peeled, seeds removed, and cut into ½ inch dice (about 4 cups)
- 2 large apples, peeled, cored, and cut into ½ inch dice (about 2 cups)
- ¼ teaspoon ground pepper
- ¼ teaspoon salt
- 1 tablespoon chopped fresh sage, plus leaves for garnish
- ¼ cup crumbled gorgonzola or blue cheese

Directions

1. Preheat oven to 450 degrees. Spray a 2-quart baking dish with vegetable oil spray.
2. Heat oil in a 12-inch skillet over medium-high heat. Add ground turkey and brown evenly, about 5 minutes. Add onion and garlic and sauté another 2 minutes.
3. Add chicken stock or sherry to deglaze the pan.
4. Add diced squash, apples, pepper, salt and sage. Cover with a lid and simmer 10-15 minutes, stirring occasionally, until squash is fork-tender.
5. Place turkey mixture in baking dish. Sprinkle with cheese. Bake uncovered for 10 minutes, until cheese has melted and is lightly browned.
6. Garnish with sage leaves.

Recipe Notes:

1. To make peeling the butternut squash easier, microwave the uncut squash for 3 minutes on HIGH **or** bake in oven for 10 minutes at 350 degrees. Cool and peel.
2. Got leftover cooked turkey? Just substitute it for the ground turkey.
3. This recipe is great for a meat-less Thanksgiving side dish. Just omit the ground turkey and follow the recipe.

Nutritional Information per Serving:

Calories: 300	Carbohydrates: 30g
Total Fat: 10g	Cholesterol: 71mg
Saturated Fat: 4g	Dietary Fiber: 6g
Protein: 25g	Sodium: 328mg

