



Video of the recipe!

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Three Sisters Stir Fry

Adapted from the IHS Youtube series "Sharing Healthy Recipes" Makes 8 servings

Ingredients

- 2 tbsp. olive oil
- 1 lb. ground turkey
- 2 c. squash- thinly sliced
- 1 can corn
- 1 c. bell pepper- chopped
- ½ c. onion- diced
- 2 tsp. minced garlic
- 1 can black beans- drained
- 1 can diced tomato- drained
- 2 tbsp. green chili- diced
- 1 tbsp. dried parsley
- salt- pinch
- pepper- to taste

Directions

- 1) In large nonstick skillet, heat oil over medium heat. Add ground turkey until cooked, about 5 minutes. Remove cooked turkey from the pan and set aside.
- 2) In the same skillet, add squash, corn, bell pepper, onion and garlic. Cook, stirring often, until vegetables are tender, about 5 minutes.
- 3) Add the turkey, beans, tomato, green chili and parsley. Stir together and cook for 2-3 more minutes.
- 4) Transfer stir-fry to large bowl, salt and pepper to taste, and serve.

Nutrition per serving

Calories	224.22kcal	11%
Total Fat	11.25g	16%
Carbs	18.76g	7%
Sugars	2.46g	3%
Protein	13.67g	27%
Sodium	246.38mg	12%
Fiber	4.19g	15%

Percent Daily Values based on a 2,000 calorie diet.