

BRC Healthy Meal of the Week

Spinach Salad Nicoise - A Healthy and Delicious Meal

Ingredients (4 Servings)

1 tablespoon olive oil
1 medium onion, chopped
1 medium green pepper
4 whole mushrooms
2 teaspoons chopped garlic
1 teaspoon dried oregano
1/2 cup sun-dried tomatoes, rehydrated
1 1/2 pounds ground turkey
1 cup bread
1 egg
1/2 cup chopped parsley
1/4 cup skim milk
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 cup freshly grated Parmesan cheese

Cooking Instructions—Total Cooking Time 40 Minutes

1. Preheat the oven to 425°F.
2. Heat the olive oil over medium heat in a skillet. Add the onion and cook for 5 minutes. Add the garlic and oregano and cook 2 minutes more and set aside to cool.
3. Drain the tomatoes and finely chop them.
4. Combine the tomatoes, turkey, breadcrumbs, egg, parsley, skim milk, salt, pepper and the cooled onion mixture. Thoroughly mix together.
5. Divide the mixture into 4 equal portions. Pack each portion into a 1 1/2-cup baking dishes, such as a souffle dish or a ramekin. Sprinkle the tops with cheese and bake for 30 minutes. Let stand for 5 minutes before serving.

Nutrition Facts

Serving Size is 1 tuna steak with about a cups worth of salad

- Calories 281
- Protein 35 g
- Total Carbohydrate 20 g
- Dietary Fiber 2 g
- Soluble Fiber 0 g
- Sugar 4 g
- Total Fat 6 g
- Saturated Fat 2 g
- Monounsaturated Fat 3 g
- Polyunsaturated Fat 1 g

