

Turkey Triangles

Yield: 20 triangles

Ingredients:

2 cups ground cooked turkey
1 cup diced celery
3 cloves garlic, minced
1 8-ounce bag bean sprouts, chopped
1 8-ounce can bamboo shoots, drained and chopped
1 8-ounce can water chestnuts, drained and chopped
1 cup green onions, diced (two bunches)
1 teaspoon ground ginger
1 tablespoon red pepper flakes
¼ cup soy sauce
20 egg roll skins (one package)
large bowl of water
10 processed cheese slices, halved diagonally

Procedure:

In a large mixing bowl, combine all ingredients except egg roll skins, water and cheese. Place ¼ cup of mixture, loosely packed, in the center of a skin. Dip a finger in the water and run it along two of the sides of the skin. Fold the opposite sides over on top and press to seal, creating a triangle.

about 200
calories and
4 grams of
fat per
triangle

Repeat procedure until all ingredients are used. Place triangles on baking pans that have been sprayed with vegetable oil and bake at 350 F for 20 minutes. Invert triangles on cooling racks so that the side contacting the baking pan is now facing up. Place one cheese half on each triangle and allow cheese to melt. Serve warm with Chinese mustard.

Each Turkey Triangle also provides 10 percent of the daily recommendation for iron.

Prairie Fare



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