

# Ground Turkey Flower

**Makes:** 6 Servings

“I was inspired to create something that was healthy, creative, and attractive,” says Bre. “There are too many people in my state who are overweight. I want my school to start making meals that children like to eat and that are healthy so that we will not grow up to be overweight and unhealthy.”

## Ingredients

- 1 pound** ground turkey
- 1** small onion, peeled and finely chopped
- 1 clove** garlic, peeled and minced
- 1/2 cup** red bell pepper, seeded and finely chopped
- 1/2 cup** yellow bell pepper, seeded and finely chopped
- pinch** chicken seasoning
- 1/4 cup** seasoned breadcrumbs
- 1 tablespoon** coconut oil
- 1 pint** cherry tomatoes, halved
- 1** hard-boiled egg, sliced
- 1 cup** spinach

## Directions



## Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	157	
Total Fat	5 g	8%
Protein	20 g	
Carbohydrates	9 g	3%
Dietary Fiber	1 g	4%
Saturated Fat	5 g	23%
Sodium	107 mg	5%

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

1. **In a large bowl**, thoroughly combine the ground turkey, onion, garlic, red and yellow bell peppers, and chicken seasoning. On a platter, form the turkey mixture into the shape of a flower. Sprinkle breadcrumbs over the sculpture front and back.
2. **In a large sauté pan**, heat the coconut oil over medium high heat. Using a large spatula, transfer the turkey flower to the pan, and cook, turning once, for about 12 minutes total, or until done on both sides. Arrange the cooked flower on a platter with cherry tomato halves accenting the petals. Put a slice of hard-boiled egg in the middle. Place spinach as grass at the base of the flower.

The 2015 Healthy Lunchtime Challenge Cookbook