

Southwest Turkey Crunch

Makes: 6 Servings

Ingredients

- 12 ounces** Reduced sodium sliced turkey
- 1 1/2 cups** Low sodium cooked black beans
- 3/4 cup** Low sodium cooked corn
- 4 1/2 ounces** mild salsa
- 3 ounces** Chopped fresh cilantro
- 3 ounces** sour cream
- 3 cups** Butternut squash, peeled/chopped
- 24** Tri-colored tortilla chips, baked
- 3 ounces** Mexican seasoning
- 3 ounces** diced tomatoes
- 3 ounces** Low sodium shredded cheddar cheese



Directions

1. Heat turkey as directed on package.
2. Add black beans, corn, salsa, cilantro, Mexican seasoning, and diced tomatoes to turkey and reheat in frying pan to 165 degrees F.
3. Arrange three chips in bottom of each of six 12 oz bowls.
4. Add turkey mixture to bowls. Arrange remaining chips around inside edge of each bowl.
5. Bring water to a boil in a medium size saucepan.
6. Wash and chop fresh butternut squash, add to boiling water. Cook until tender, about 10 minutes, then puree. (Add little chicken stock and water if needed for desired consistency.)
7. Place squash on top of turkey mixture in each bowl.
8. Top with sour cream, diced tomatoes (1/2 oz per bowl) and garnish with remaining cilantro.

Notes

Serving Tips:

Glorious colors and piquant flavor equal the zest of the Southwest. Tri-colored tortilla chips, salsa, and fresh cilantro compliment this traditional favorite of poultry and beans.