

## 9. Sloppy Janes



Servings: 8

### Nutrition Information:

31 carbohydrates

250 calories

5g fiber

7g fat

2g saturated fat

16g protein

45mg cholesterol

340mg sodium

### Ingredients:

Nonstick cooking spray

1 medium onion, peeled and diced

1 medium red bell pepper and diced

1 clove garlic, minced

1 lb. lean (93% fat-free) ground turkey

1 tbsp. tomato paste

2 tbsp. Dijon mustard

1 tbsps. hot sauce

2 cups no-salt-added canned crushed tomatoes

1 tbsp. honey

½ tsp. ground black pepper

8 whole-wheat hamburger buns

### Directions:

1. Add cooking spray to a nonstick sauté pan over medium-high heat.
2. Add onion, red bell pepper and garlic. Sauté for 5 minutes, stirring frequently.
3. Add turkey and sauté 5-7 minutes, stirring frequently until turkey is just cooked through.
4. Add tomato paste, Dijon mustard, hot sauce, tomatoes, honey and ground black pepper. Bring to a simmer for 5 minutes, stirring frequently.
5. Toast the hamburger buns.
6. Fill each bun with ½ cup turkey mixture to make 8 sandwiches.