

QUICK MU SHU TURKEY

Yield: 4 servings

1 lb. 93% ground turkey
1 Tbsp. dry sherry*
1 Tbsp. low-sodium soy sauce
2 garlic cloves, crushed**
1/4 tsp. crushed red pepper***
two 8 oz. cans sliced water chestnuts, drained and chopped
1 bag (14 oz.) coleslaw mix****
onion powder to taste*****
2 Tbsp. water or broth
black pepper to taste
1 tsp. sugar*****
1 Tbsp. low-sodium soy sauce
2 Tbsp. hoisin sauce

1. In a cold 12” skillet, spread out turkey. Drizzle dry sherry and 1 tablespoon soy sauce over turkey. Cook turkey mixture on medium heat until turkey is brown and just until liquid has evaporated. Transfer turkey to a plate.
2. To same skillet, add crushed garlic cloves and crushed red pepper and cook for 10 to 15 seconds. Add water chestnuts, coleslaw, onion powder, and water. Cook 2 to 4 minutes or until vegetables are just tender crisp, stirring occasionally.
3. Stir in black pepper, sugar, reserved turkey, 1 tablespoon soy sauce, and hoisin sauce. Heat through.

Substitutions/Notes:

* 3/4 tsp. apple cider vinegar.

** Granulated garlic—add with water or broth because liquid reactivates the enzymes responsible for its signature flavor.

*** 1/2 tsp. paprika, if less spicy is preferred—add with water chestnuts and coleslaw mix.

**** 12 oz. cabbage (~5.5 c.) shredded; and 2 oz. carrots (~3/4 c.) shredded.

***** Caramelized onion to taste.

***** 3/4 tsp. agave (low-glycemic substitute for honey and sugar).