



## Slow Cooker Teriyaki Turkey

**Prep: 15 minutes**

**Slow Cook: 6 hours • Serves: 6**

- 3 garlic cloves, minced
- 2 medium carrots, thinly sliced
- 4 cups chopped leftover or pre-cooked skinless turkey meat (about 2-inch chunks)
- 1 cup less-sodium chicken broth
- $\frac{3}{4}$  cup teriyaki sauce
- 1 tablespoon grated fresh ginger or  $\frac{1}{2}$  teaspoon ground ginger
- $\frac{1}{2}$  teaspoon ground white pepper
- $1\frac{1}{2}$  cups diced fresh or drained canned pineapple
- $1\frac{1}{2}$  cups long-grain white rice
- 4 green onions, thinly sliced (about  $\frac{1}{3}$  cup)

**1.** In 5- to 6-quart slow cooker bowl, combine garlic, carrots, turkey, broth, teriyaki sauce, ginger and white pepper. Cover slow cooker with lid and cook on low 6 to 8 hours or on high 3 to 4 hours, adding pineapple to slow cooker during last 20 minutes of cooking. Makes about 5 cups.

**2.** Meanwhile, prepare rice as label directs.

**3.** Serve turkey mixture over rice sprinkled with green onions.

*Approximate nutritional values per serving:*

*405 Calories, 4g Fat (1g Saturated), 88mg Cholesterol,  
1583mg Sodium, 56g Carbohydrates, 3g Fiber, 11g Sugars, 35g Protein*

### Dietitian's Dish

> Pump up the fiber, iron, magnesium, zinc and folate by replacing white rice with quinoa. It makes for a healthier bowl meal!