

Turkey Tinaktak

Makes
12 servings

Prep time
15 minutes

Cook time
20 minutes

Good source of
Protein

Ingredients:

- 1 Tbsp. canola or vegetable oil
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 lb. ground turkey
- 2 cups fresh friholes, or long beans, cut into 3-inch pieces
- 1 can lite coconut milk
- 2 cups cherry tomatoes, cut into halves
- ½ tsp. salt
- ½ tsp. black pepper
- 2 kalamansi (juice only)
- 2 cups leafy greens, like kangkong or bokchoy

Nutrition Facts

12 servings per container
Serving size 1 cup (132g)

Amount per serving
Calories 110

| | % Daily Value* |
|------------------------------|----------------|
| Total Fat 6g | 8% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 30mg | 10% |
| Sodium 140mg | 6% |
| Total Carbohydrate 5g | 2% |
| Dietary Fiber 1g | 4% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| Protein 8g | |
| Vitamin D 0mcg | 0% |
| Calcium 34mg | 2% |
| Iron 1mg | 6% |
| Potassium 219mg | 4% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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Directions:

1. In a large pot, heat vegetable oil over medium-high heat.
2. Add onions and garlic and cook until tender, about 3 minutes.
3. Add ground turkey and cook until brown, an additional 5 minutes, stirring occasionally.
4. Add long beans and cook for 2-3 minutes.
5. Add coconut milk, stir, and bring to a simmer. Let simmer for 3 minutes.
6. Add tomatoes, salt, black pepper, and the juice of two kalamansi. Stir well and simmer an additional 3-5 minutes.
7. Add leafy greens and stir thoroughly. Turn heat off and let sit for 1 minute, until greens are slightly wilted.
8. Serve hot.

