



Caribbean Turkey, Lentil and Grain Bowl

Seasoned ground turkey | vinegar cabbage slaw | fried green plantain ribbons

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Ingredients

Grain and Legume Base

2 oz cooked rice
1 oz cooked bulgur
1 oz cooked black beans drained
1 oz cooked lentils
1 tsp olive oil
1 tsp lime juice
Kosher salt and black pepper to taste

Turkey and Vegetables

3 oz cooked seasoned ground turkey
1 tbsp diced red bell pepper
1 tbsp diced green bell pepper
1 tbsp diced onion
1 tsp olive oil
1/4 tsp ground cumin
1/4 tsp smoked paprika
Pinch garlic powder

Slaw and Garnish

1/2 cup vinegar cabbage slaw
Fried green plantain ribbons
Chopped cilantro optional

Method

1. Combine rice, bulgur, black beans and lentils. Season with olive oil, lime juice, salt and pepper. Hold warm.
2. Saute diced peppers and onion in olive oil until tender. Fold into seasoned ground turkey with cumin, smoked paprika and garlic powder.
3. Dress cabbage slaw with apple cider vinegar, olive oil, honey or agave and salt.
4. Build with 5 oz warm grain and legume base. Add 3 oz turkey mixture. Center slaw on top and finish with plantain ribbons.