



## RECIPES

This recipe unexpectedly combines roasted turkey breast with almonds for a healthy and flavorful dinner option.

### TURKEY ALMOND STIR-FRY

1 can (14 ounces) fat-free chicken broth

1/4 cup reduced-sodium soy sauce

3 tablespoons cornstarch

2 teaspoons granulated sugar

1 clove garlic, minced

1/4 teaspoon ground black pepper

1 tablespoon vegetable oil

1 1/2 cups Fisher Chef's Naturals  
Whole Almonds

1 1/2 cups chopped celery

3/4 pound asparagus,  
cut into 1-inch pieces (about 1 1/2 cups)

1 1/2 cups sliced mushrooms

14 ounces roasted turkey breast,  
cut into 1/2-inch cubes (about 3 cups)

Cooked Asian noodles or rice (optional)

In medium bowl combine broth, soy sauce, cornstarch, sugar, garlic and pepper; set aside. In wok or large skillet heat oil over medium-high heat 1 to 2 minutes until hot. Add almonds; stir-fry 3 to 4 minutes until golden brown. Transfer almonds to bowl; set aside.

Add celery to wok; stir-fry 2 minutes. Add asparagus; stir-fry 2 minutes. Add mushrooms; stir-fry 2 minutes. Return almonds to wok; add turkey and broth. Bring mixture to boil. Cook 1 to 2 minutes until sauce thickens. To serve, spoon over cooked noodles or rice, if desired.

Yield: 6 servings

Nutrition information per serving: 400 Calories, 24 g Total Fat, 1.5 g Saturated Fat, 0 g Trans Fat, 55 mg Cholesterol, 460 mg Sodium, 14 g Carbohydrate, 5 g Dietary Fiber, 3 g Sugars, 31 g Protein