

Spiced Turkey with Brown Rice and Vegetables
(serves 4)

1 lb. ground turkey
2 T olive oil
1 C brown rice (cooked)
1 T chopped shallot
1 tsp. olive oil
2 1/2 Cups chicken stock or water
1 tsp. chopped thyme
1 tsp. chopped parsley
1 C sliced carrot
1 C sliced snow peas
1 C sliced daikon radish (red radish optional)
2 T Thai Chili Sauce
S and P to taste

1. Heat a sauté pan with 1 T olive oil. Add turkey to pan and season with salt and pepper. Add shallots and cook for two more minutes. TASTE.
2. Add carrot, snow peas and radish. Cook 3-4 minutes. Remove from heat and add rice, herbs and Thai Chili sauce. TASTE and serve.