



Turkey Breakfast Bake

SERVING: 1 SQUARE
YIELD: 8

PREP TIME: 10 MIN
TOTAL TIME: 40 MIN

Ingredients

- Non-stick cooking spray
- 1 lb 93/7 Lean Ground Turkey
- 1/2 tbsp Minced Garlic (4 cloves garlic)
- 1 tsp Cumin
- 1/2 tsp Cayenne Pepper
- 6 large eggs
- 1/4 tsp salt
- 2 cups Frozen Diced Potatoes with Peppers & Onions, thawed (Potatoes O’Brien)
- 1 cup 1% low-fat cottage cheese
- 1 pkg Frozen Spinach, 12 oz bag
- 1 cup fiesta blend cheese, divided

Directions

1. Preheat oven to 375 °F. Lightly coat a large casserole dish with cooking spray & set aside.
2. Heat a large skillet over medium-high. Add turkey, garlic, cumin, & cayenne pepper. Cook 5-7 minutes, crumbling meat, stirring occasionally until turkey is cooked through.
3. In a large bowl, add eggs and salt & whisk. Add cooked turkey, thawed potatoes, cottage cheese, spinach & 1/2 cup cheese. Mix. Pour mixture into prepared baking dish & spread evenly.
4. Top casserole with remaining 1/2 cup cheese. Bake 25-30 minutes or until golden brown on top.
5. Let cool 5 minutes. Cut into 8 squares & serve.

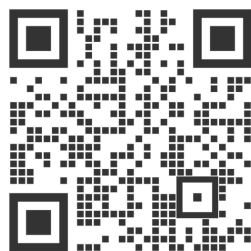
Nutrition Facts

8 servings per container	
Serving size	1 Square (0.0g)
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 195mg	65%
Sodium 430mg	19%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 1mcg	4%
Calcium 260mg	20%
Iron 3.3mg	20%
Potassium 620mg	15%

* The % Daily Value (DV) 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.

*Recipe adapted from
onieproject.org

*Cost information includes lower
cost ingredients found at local
grocery store 9/16/22.



Cost Per Recipe	Cost Per Serving
\$8.77	\$1.10



Image by RitaE from Pixabay

EAT WELL, AGE WELL.

PROTEIN BREAKFAST FOODS

"Protein throughout the day, helps muscles stay."

Protein is essential for healthy aging. If you don't eat enough, it can result in loss of skeletal muscle mass, impaired physical function, frailty, impaired wound healing and decreased immune function. ***How much protein do you need?*** The Academy of Nutrition and Dietetics position paper noted that experts suggest older adults should split their protein intake to ***20-30 grams per meal on average***. Why? Studies suggest that 30 gram is the upper limit on how much protein can be used for muscle making (synthesis) at a time. Each person's needs are unique, but this is a good starting point.

This month's material will provide you with practical tips and suggestions to help you do this. If you are currently eating toast with jam or jelly and a cup of coffee when you wake up, this is not providing you with adequate protein. However, if you simply add a hard-boiled egg (6g protein) and/or an 8 oz. glass of cow's milk (8 g protein) and 2 TBSP of peanut butter (14 g protein) to your toast, you can meet the recommended level! It doesn't have to be hard, but it does take awareness and commitment to eat protein throughout the day.

WEEKLY CHALLENGES

TRY GREEK YOGURT
WITH FRUIT FOR
BREAKFAST

MAKE A LIST OF
PROTEIN FOODS YOU
ARE WILLING TO EAT
AT BREAKFAST

MAKE YOUR HOT
CEREAL WITH MILK
INSTEAD OF WATER

STIR NUTS OR NUT
BUTTER INTO HOT
CEREAL

How Much Protein is in Foods?

Visit USDA's new
website *Food Data
Central*
<https://fdc.nal.usda.gov>