

## Mexican Stir Fry

Serves 4

*Tired of turkey? Try giving it a "Mexican" twist.*

Prep Time: 5 minutes

2 Tbsp fat-free Italian dressing

2 Tbsp lime or lemon juice

1 medium onion, sliced into strips

2 medium red or green peppers (try one of each!)

1 lb. turkey (cooked), or pre-cooked turkey breast, sliced into strips

1 15-oz can Mexican diced tomatoes, drained

½ cup cilantro, chopped (optional)

4 oz grated low fat cheddar cheese

Salsa (optional)

Spray large non-stick skillet with food oil spray. Add lime juice and fat-free dressing. Cook and stir onion strips, about 1-1/2 minutes. Add pepper strips and meat strips. Cook 1-2 minutes; add diced tomatoes and heat for another 2 minutes. Serve on a bed of mixed greens for a Mexican salad topped with 1 oz of cheese and salsa.

Calories (1/4 recipe): 322 Fat: 6 grams

Optional: serve in 10" soft low fat burrito; adds 130 calories