



# Turkey Turnovers

Makes 5 servings

## Ingredients

1¼ cups chopped cooked turkey or chicken  
One 4½-ounce can diced green chili peppers, drained  
¾ cup shredded reduced-fat Monterey Jack or cheddar cheese  
½ cup shredded carrots

½ teaspoon ground cumin  
1 package of 10 refrigerated reduced-fat biscuits  
Nonstick cooking spray  
1 tablespoon skim milk  
1 teaspoon sesame seeds

## Instructions

1. For filling: In a medium mixing bowl, combine turkey or chicken, chili peppers, cheese, carrots and cumin. Set aside.
2. On a floured surface, roll each biscuit into a 5-inch circle. Place about ½ cup of filling on each of 5 of the circles, spreading to within ½ inch of edge.
3. Spray a baking sheet with cooking spray. Moisten edges of dough with water. Top with remaining circles of dough.
4. Press edges of dough together to seal in filling. Cut slits in the top of each to allow steam to escape.
5. Place turnovers on prepared baking sheet. Brush the tops with the milk and sprinkle with sesame seeds.
6. Bake the turnovers in a 400-degree oven for 12 to 14 minutes or until golden brown. Serve warm.

## Nutrition Facts

Serving size: 1 turnover; calories per serving: 236; fat: 9g; saturated fat: 4g; cholesterol: 47mg; sodium: 762mg; carbohydrates: 23g; fiber: 1g; sugars: 0g; protein: 20g

Source: [www.healthdiscovery.net](http://www.healthdiscovery.net). This source is an independent company that provides wellness education on behalf of BlueCross BlueShield of South Carolina.

