



**Prep time:** 80 minutes

**Ingredients:**

- ½ onion, chopped
- ½ sweet pepper, chopped
- 1 clove garlic, minced
- 2 teaspoons vegetable oil
- ¾ pound lean ground turkey
- 8 ounces can tomato sauce
- 1 cup frozen corn, thawed
- 1 cup milk
- ½ cup cornmeal
- 2 tablespoons chili powder
- ¾ cup light cheddar cheese, shredded

**Utensils:**

- measuring cups
- measuring spoons
- knife (you'll need help from your adult assistant)
- oven (you'll need help from your adult assistant)
- 2-quart casserole pan

**Directions:**

1. Preheat oven to 350°F (176°C).
2. In a large skillet, sauté onion, pepper, and garlic in vegetable oil for about 3 minutes.
3. Add turkey to skillet and cook until browned. Drain excess fat from turkey.
4. Pour tomato sauce, corn, and milk into the skillet.
5. Stir well and heat through.
6. Stir in cornmeal and chili powder.

7. Pour into well-greased 2-quart casserole pan and cover with aluminum foil.
8. Bake for 45 minutes. Uncover and bake for 20 minutes more.
9. For the last 5 minutes of baking, sprinkle cheese over the dish.
10. It's ready when a knife inserted in center comes out clean.

**Serves:** 5

**Serving size:** 1 cup