

# TURKEY SLOPPY JOES WITH SLAW

## INGREDIENTS:

- 1/3 cup pineapple juice
- 4 teaspoons white or apple cider vinegar, divided
- 2 tablespoons low fat mayonnaise
- 3 tablespoons nonfat Greek yogurt
- Salt and pepper to taste
- 1 (14-ounce) bag cole slaw mix
- 2 cups grated carrots (about 2 medium)
- 2 teaspoons canola oil
- 1 pound ground turkey
- 1/2 cup ketchup
- 2 tablespoons yellow mustard
- 2 tablespoons brown sugar
- 4 whole wheat hamburger buns

**SERVES:** 4

## DIRECTIONS:

In a large bowl, combine pineapple juice, 2 teaspoons vinegar, mayonnaise, yogurt, salt and pepper. Stir in cole slaw mix and carrots. Taste, adjusting salt and pepper, if needed. In medium sauté pan, warm canola oil over medium-high heat. Add ground turkey, salt and pepper to pan, stirring every couple minutes to break up meat. Sauté meat until fully cooked, 6 to 7 minutes. Remove pan from heat. Push the cooked meat to one side of the pan, and use a spoon to remove and discard a majority of the liquid from the cooked turkey meat. Placing back over medium-high heat, stir in ketchup, mustard, brown sugar, and remaining 2 teaspoons vinegar into the ground turkey. Stir until combined and the sauce is warm. Serve sloppy joe mixture on buns with a side of slaw.

