Grab ‘n’ Go Dinner for Tonight

Pizza Dumpling Bake

Ingredients	Where to Find It
1 lb lean ground turkey	Meat Dept.
1 lg onion, chopped	Produce Dept.
1 can (24oz) Hunt’s Roasted Onion & Garlic spaghetti sauce	Aisle 2
1 1/2 tsp Italian seasoning, divided	Aisle 5
1/4 tsp freshly ground black pepper	Aisle 5
8 oz (2 cups) shredded reduced-fat Mozzarella Cheese	Refrigerated Case (North Wall)
8 oz (1/2 a 1 lb bag) frozen Italian-style vegetables	Frozen vegetables
1 pkg low-fat French Bread dough	Refrigerated Case (North Wall)
Olive oil nonstick cooking spray	Aisle 5

1) Preheat oven to 375 degrees. Coat a 9” x 13” baking dish with olive oil spray. Place frozen veggies in a colander and run warm water over them until they are thawed; set aside to drain well.
2) Coat a large nonstick skillet with cooking spray and place over medium-high heat. Add ground turkey and onion, and cook while stirring until turkey is no longer pink and onion is softened. Drain any fat.
3) Add spaghetti sauce, 1 tsp Italian seasoning, and the pepper to the turkey in skillet; bring to a boil over high heat, stirring often.
4) Transfer the turkey mixture to the prepared baking dish. Sprinkle 1 cup of the Mozzarella over it. Spoon the thawed, drained vegetables over the cheese. Top with the remaining 1 cup of Mozzarella.
5) Cut each dinner roll in half horizontally to make 16 halves; arrange over the mozzarella. Spray the tops of the rolls with cooking spray, then sprinkle with remaining 1/2 tsp Italian seasoning.
6) Bake for 20-25 minutes, or until the rolls are golden brown.

Makes 8 servings.

Nutrition Facts

Serving Size (226g)
Servings Per Container

Amount Per Serving

Calories 270 Calories from Fat 80

	% Daily Value*
Total Fat 8g	**13%**
Saturated Fat 3g	**15%**
Cholesterol 55mg	**18%**
Sodium 780mg	**32%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 3g	**11%**
Sugars 10g	
Protein 22g	

Vitamin A 25% • Vitamin C 10%
Calcium 25% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Shape Up Tip
To make this a complete meal, add:

- **Bagged salad greens with sliced cucumber and light balsamic dressing**
- **Beverage**

Tonight’s Grab ‘n’ Go Dinner
Cost per serving: $1.36

To find the Grab ‘n’ Go dinner recipe ingredients look for this logo throughout the store.

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All ingredients will be marked with the Shape Up Kittitas County logo.