



Asian Brocco Burritos

Servings

8

Calories

490

Prep Time

10 minutes

Total Time

35 minutes

Skill Level

Easy

Ingredients

4 cups (16 ounces) Mann's Broccoli Cole Slaw
1 spray non-fat cooking spray
½ cup yellow onion, chopped
4 cloves garlic, crushed through a press
1 pound turkey, ground
8 - 10" flour tortillas
⅓ cup stir fry sauce, Szechwan
½ teaspoon Chinese 5 spice powder
2 cups low-fat Monterey jack cheese, shredded



The Method

Preheat oven to 350° F. In a wok or large skillet, heat pan after spraying with oil until hot but not smoking. Add Mann's Broccoli Cole Slaw and cook, stirring and tossing, until crisp-tender, about 2 minutes. Using tongs or a large slotted spoon, transfer broccoli cole slaw to a large bowl. In the same wok or skillet, add more spray oil if needed. Cook onion and garlic over medium heat until onion is softened but not browned, 3-5 minutes. Increase heat to medium-high; add ground turkey and cook, stirring to break up the chunks of meat, until the turkey is lightly browned on the outside and no trace of pink remains, 8 to 10 minutes.

Meanwhile, wrap tortillas in foil and heat in the oven for 10 minutes to soften. Stir the turkey mixture into the cooked Mann's Broccoli Cole Slaw, adding the Szechwan Spicy Stir-Fry Sauce and Chinese 5-Spice powder to coat. Mix in the cheese.

Put mixture into tortillas and fold like a burrito. Serve immediately.

Nutrition Facts

Serving Size: 265g | Servings: 8

Amount Per Serving

Calories 490 | Calories from Fat 200 | Total Fat 22g (sat fat 10g trans 0g) | Cholesterol 85mg | Sodium 1260mg | Total Carbohydrate 45g | Dietary Fiber 3g | Sugars 4g | Protein 31g | Vitamin A 15% | Vitamin C 20% | Calcium 50% | Iron 20%