



## **RECIPE OF THE WEEK**

### **TURKEY MUFFINS**

2 lbs. ground turkey breast	2 diced celery stalks
3 egg whites	½ teaspoon ground cumin
1 cup quick cooking oats	½ teaspoon dried thyme
½ cup minced fresh mushrooms	2 teaspoons dry yellow mustard
2 teaspoons black pepper	1 teaspoon salt
2 teaspoons Mrs. Dash garlic & herb	2 tablespoons garlic powder
1 diced onion	

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1. Preheat oven to 375 degrees.
  2. Mix all ingredients in one large bowl until well combined.
  3. Roll the mixture into balls, and place each one in a muffin pan sprayed with cooking spray.
  4. Bake approximately 40 minutes or until cooked through.

**Makes 12 muffins**

**NUTRITION FACTS per muffin:**

Calories: 121	Dietary Fiber: 1.2
Total Fat: 1.5 grams	Protein: 19.6
Total Carbohydrates: 6.4 grams	

**FOOD FOR THOUGHT:**

**The difference between try and triumph is a little UMPH ! – Marvin Phillips**