



Asian Inspired Turkey Bowl

Tryptophan rich farro grain joins turkey & healthy veggies in easy bowl style supper

- 1 Tablespoon avocado oil
- 1 onion, peeled, chopped
- 3 ounces shiitake mushrooms, remove stems, halved
- 1 large garlic clove, minced
- 6 ounces leftover turkey, cut into serving pieces
- 1/4 cup water; or vegetable broth
- 2 to 3 teaspoon low salt soy sauce, divided
- 2 teaspoons sesame oil
- 1 teaspoon gochujang (Korean fermented pepper paste)

Arranging Veggies/Grain in Bowl

- 1 small zucchini, sliced into ribbons
- 1/2 large yellow and 1/2 red bell pepper, seeds removed, sliced thinly
- 2 carrots, sliced into ribbons
- 2 Tablespoons lemon juice or vinegar dressing
- 2 cups fresh baby spinach'
- 1 cup cooked farro grain, warm
- 2 green onions, chopped
- Garnish: 2 Tablespoons toasted sesame seeds

Prepare Turkey and Mushrooms:

- Heat a skillet with oil add the onions, sauté about 3 minutes, add mushrooms; cook about 3 to 4 minutes to soften, mix in the cooked turkey.
- In a small glass, combine 1/4 cup water, soy sauce, sesame oil, and gochujang.
- Add to turkey mixture; heat until warm. Add more water if needed to form light sauce. Set aside to stay warm.
- In 3 small bowls, separately toss zucchinis; peppers; carrots with lemon juice and dressing. zucchini ribbons.

Arrange into Serving Bowl:

- At the top of bowl, place carrots, then zucchini ribbons, bell pepper sticks.
- Spoon turkey and mushrooms into bowl with some juices. Set remainder aside for rice.
- Arrange spinach leaves, then the warm farro, drizzle with remaining turkey juices. Garnish with green onions; sprinkle with sesame seeds. Serves: 2

Cook's Note: Add any additional spices or ingredients – like grated fresh ginger, more soy sauce, brown sugar, or leftover vegetables. It can also be prepared with cooked chicken.

About the Recipe: This is a fresh and bright bowl, full of heavy goodness. Preparing it with leftover turkey and mushrooms, adds a delightful contrast of flavors to the Korean spices.

Why Include Lean Proteins:

Turkey is high in the amino acid tryptophan, which plays a role in regulating mood and sleep, eventually converting into melatonin, the hormone responsible for sleep-wake cycles. Avoid high fat cheeses or deep-fried proteins as these take longer to digest and can keep you awake.

Spinach also added some magnesium to your plate.

An added benefit, Farro, a nutritious whole grain, is rich in an amino acid called tryptophan.