

## Homemade Hamburger Helper

### Ingredients

- 16oz of ground turkey
- 1 can cream of mushroom soup (low fat preferred)
- 6 oz low-fat cheddar cheese, shredded
- 2 cups whole wheat elbow noodles
- 1/2 onion, diced
- 1 tsp paprika
- 1/4 tsp salt
- 1/2 tsp pepper

### Directions

1. In a medium sauce pan, bring water to a boil and cook the noodles.
2. While the water is getting started, place the ground turkey in a pan and brown it. Do not drain the fat (it will only be about 1-2tbsp) and add the onion. Cook the onion until it is tender and then turn off the heat, but leave the meat and onion in the skillet.
3. Warm cream soup in a skillet with spices. Add the cheese and stir until well blended.
4. By this point the noodles should be cooked and ready to be drained. Drain and add them to the meat mixture. Pour the cheese mixture over the top and stir until well combined.

Serve and enjoy! You will never want to buy the box again!

## **Lean Animal Proteins Can Be Part Of A Healthy Diet**

### Selecting meat and poultry

- **Look for key words.** Lean cuts of beef include round, chuck, sirloin or tenderloin. Lean pork or lamb includes tenderloin, loin chops or leg. The leanest poultry is white meat from the breast with no skin.
- **Check percentages.** For poultry and beef, look for packages with the highest percentage of lean meat — 90 percent or higher.
- **Be selective.** Choose beef that is labeled "Choice" or "Select" instead of "Prime," which usually has more fat. If you can't resist the higher-fat choices, use them as an occasional indulgence.

### Preparing meat and poultry

- **Trim the fat.** Cut off any visible, solid fat from meat and poultry. This includes the skin on poultry. When roasting a whole chicken or turkey, leave the skin on during cooking, but remove it and the fat underneath before eating. Also, remove any remaining visible fat from pork and beef before eating.
- **Use marinades.** Marinades tenderize meat and keep it moist while cooking. They also can enhance flavor that may be lost when you trim fat. Choose low-fat marinades, such as mixtures of herbs or spices with wine, soy sauce or lemon juice.
- **Go low.** Low-fat cooking methods include grilling, broiling, roasting, sautéing and baking. Cooking melts away much of the fat in meat and poultry. So when you cook meat or poultry in your oven, be sure to put it on a rack on a baking pan so that the fat drips away.
- **Skim ahead.** Make soups, stews, and other dishes in which you boil the meat in liquid in advance and then refrigerate it. As the dish chills, the fat hardens on the top and you can easily skim it off.
- **Drain the fat.** After cooking ground meat, drain the fat from the pan into a glass jar and rinse the meat with hot water. Blot the meat with a paper towel to remove the water.
- **Watch serving sizes.** Reducing your portion size reduces your fat and cholesterol intake. Stick to a 3 ounce serving of meat.

Source: Mayo Clinic. Available at:  
<http://www.mayoclinic.com/health/food-and-nutrition/NU00202/NSECTIONGROUP=2>