

## Meal Prep Turkey Muffins

*Twenty-eight prepped turkey muffins made with whole grains (bulgur), ground turkey, fresh herbs, and veggies topped with cranberry sauce. Each muffin comes packed with 4.6 grams fat, 13.8 grams carbs, and 8.9 grams protein for a balanced snack or complement part of a full meal. They taste great fresh out of the oven or reheated for an on-the-go option. My husband, daughter, and I love these alongside fresh mashed potatoes and steamed veggies for dinner- then, we use the leftovers for snacks and lunches!*

### Ingredients:

4 cups	Cooked bulgur (about 1 ¼ cup measured dry. Could use quinoa or breadcrumbs here as well)
1 medium	Onion, chopped
2 lbs	Lean ground turkey 93/7, browned and drained
4 leaves	Sage, chopped
1 large	Rosemary sprig, chopped
1 cup	Chopped parsley
1/3 cup	Light butter (I use the Light I Can't Believe It's Not Butter)
2 cups	Chopped broccoli, steamed (HACK: I buy the chopped frozen broccoli)
1 tsp	Ground black pepper
7 medium	Eggs
1 ½ cup	Organic cranberry sauce, canned (I like the organic, because they do not use High Fructose Corn Syrup)

### Directions:

1. Cook the bulgur (or quinoa) according to package directions.
2. While the bulgur cooks, prep your other ingredients- chop the onion; brown the turkey over medium-high heat in a large skillet; chop the herbs (sage, rosemary, parsley); chop and steam the broccoli according to package
3. Mix all the ingredients in a large bowl, except the eggs and cranberry sauce. Set aside.
4. In a small bowl, whisk the eggs. Pour the eggs into the turkey mixture in the large bowl. Stir well.
5. Spray 28 muffin tins with cooking spray (feel free to line the tins with muffin tin liners then spray with cooking spray).
6. Divide the mixture evenly amongst the 28 muffin tins.
7. Bake for 30-35 minutes or until cooked thoroughly.
8. Top with cranberry sauce to serve!

\*\*\*These store well in an air-tight container for 6-7 days. Reheat in the microwave for an on-the-go snack!

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Nutrition Facts		
Serving Size: 1 Muffin		
Amount Per Serving		% Daily Value*
<b>Calories</b>	130.8 kcal	7 %
<b>Total Fat</b>	4.6 g	7 %
Saturated Fat	1.3 g	6 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	63.9 mg	21 %
<b>Sodium</b>	60.2 mg	3 %
<b>Total Carbohydrate</b>	13.8 g	5 %
Dietary Fiber	1.6 g	6 %
Sugars	5.3 g	
<b>Protein</b>	8.9 g	18 %
Vitamin A	10 %	Vitamin C 18 %
Calcium	2 %	Iron 6 %

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

Full Info at [cronometer.com](http://cronometer.com) </>

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