

## Easy Ways To Have

# TURKEY IN PREGNANCY



### Turkey chili



- 1 Fry some onion, garlic, red and green bell pepper, jalapeno, and turkey with some cumin and chili powder (to taste) in olive oil until soft.
- 2 Add beans and tomatoes with water and salt to taste and let it simmer until perfectly blended.
- 3 Take it off the heat and enjoy with a sprinkle of cheese and cilantro.

### Turkey in mushroom sauce

- 1 Fry the flour-coated turkey cutlets in olive oil until brown.
- 2 Fry some shallots and mushrooms in butter, followed by carrots, chives, parsley, and tarragon. Add in the chicken broth.
- 3 Put the cutlets into the concoction and let it simmer until thoroughly cooked.



### Turkey swiss wrap



- 1 Prepare a homemade hummus with fresh ingredients, or buy a high-quality one.
- 2 Spread it on your tortilla and start layering it with turkey, avocado, spinach, and cheese.
- 3 Roll it tightly with a cling wrap, and your to-go turkey wrap is ready.