

your

# COMMISSARY ... It's Worth the Trip!



## THINKING OUTSIDE THE BOX

### Microwaved Turkey Meatballs and Potatoes

Microwave ovens became popular in the 1970s. Since then, they've become a staple in homes across America. In the decades that followed, we've been increasingly reliant on them to heat up our leftovers and meals in a fraction of the time it would take in the oven or on the stove. Microwaves are common in the barracks and college dorms.

Often, we look to the microwave to reheat our leftovers or make a quick prepared snack. It's convenient. When we think about cooking more meals at home, we think it requires using the oven or the stove, but the microwave can also be used to prepare high nutrition, quality meals. Heating your food in the microwave also reduces the amount of oil or butter added to prevent burning.

Microwaves work by exciting the molecules in your food which then generate heat. This process works effectively the same in all foods, including ground meat. Many people avoid cooking raw meat in the microwave. There is something to this, but it shouldn't stop you. Most microwaves can only penetrate about 1 cm into most foods, this is why you often get uneven heating. By adding a little water and a cover, you can use the steam to help it cook evenly. As long as you cook your meat to its specific food safe temperature, it's a perfectly acceptable form of cooking, not just reheating.

You can use the microwave as part of your healthy eating pattern and not just for reheating or snacking. Aim to include it in your food preparation at least two more times each week. It's a good way to defrost and cook frozen food, and due to the shortened cooking time, it can also reduce the amount of nutrients leached. Summer is a great time to try increasing your microwave usage as it doesn't heat up your kitchen.

This dietitian approved meal can be made entirely in the microwave in a surprisingly short amount of time. Remember, instant potatoes are just dehydrated potato flakes. They still provide key nutrients as good sources of vitamins C and B while also supplying protein and fiber. Adding a side of frozen vegetables completes the meal in under 15 minutes.



#### Ingredients: 4 servings

- 1 lb. ground turkey
- 1/4 cup ketchup
- 1/4 cup of mushroom soup
- 1/2 cup bread crumbs or finely crushed saltine crackers
- 1/4 tsp black pepper
- 1 tbsp. butter
- 1 egg
- 1/2 tsp. garlic powder
- 3/4 cup of nonfat milk
- 2-14 oz. can reduced sodium cream
- 1/4 cup instant mashed potatoes

#### Directions:

1. Gently mix the ground turkey, bread crumbs, spices, ketchup and egg, in a large mixing bowl with clean hands.
2. Form the mixture into 16 meatballs. Add and then place in a microwave safe dish.
3. Cover the meatballs with the mushroom soup and gently toss the meatballs so all are coated. Cover the dish and microwave on high for 7 minutes. Carefully remove from the microwave and set aside. Leave it covered.
4. Combine the milk, 1 cup of water, and butter in a medium sized microwave safe dish. Cover and microwave on high for 2 minutes. Remove from the microwave and carefully remove the cover. Add the potato flakes and stir gently. Fluff with a fork. Cover and let sit for an addition minute
5. On each plate, dish out 1/4 of the potatoes and top with 4 meatballs and a drizzle of the soup. Serve steamed broccoli or a small garden salad on the side.

DISCLAIMER:

THIS RECIPE DOES NOT CONSTITUTE AN ENDORSEMENT BY DOD OF ANY INDIVIDUAL VENDOR. ANY PRODUCT OF SIMILAR SPECIFICATION MAY BE USED TO MAKE THIS HEALTHY CHOICE MEAL.

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