

# Nutrition Education

## Sloppy Mikes

1 tablespoon vegetable oil  
1 onion, finely chopped  
1 pound ground turkey  
1 clove garlic  
1 teaspoon each ground chili powder and cumin  
1 cup tomato sauce  
1 cup chili sauce  
10 ounce package thawed frozen corn kernels or one can of corn  
½ cup water  
Toasted whole wheat hamburger buns  
Shredded Cheese

Heat vegetable oil in a large skillet. Add onion and sauté for 5 minutes or until somewhat tender. Add meat and garlic; continue to cook for about 10 minutes until meat is no longer pink. Stir in ground chili and cumin, tomato and chili sauces, corn and water and simmer uncovered for 10 minutes. Spoon over buns. Top with shredded cheese.

