

Turkey and Mango Orange Pepper Boats



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Ingredients

- 1 boneless, skinless turkey breast cut into bite-sized pieces
- 1 tablespoon canola oil or olive oil
- 1 cup shelled edamame (or frozen peas)
- 2 green onions, chopped
- 1 mango, peeled and sliced
- 1/4 cup chopped cashews
- 1/4 cup fresh parsley, chopped
- 4 orange peppers, seeds removed, cut into quarters
- salt and pepper to taste

Dressing: (you also can use your favorite bottle dressing in a pinch):

- 3 tablespoons canola oil
- 1 tablespoon rice vinegar
- 1 teaspoon soy sauce (preferably low sodium)
- 1 teaspoon lime juice
- dash of hot sauce
- dash of sesame oil
- pepper to taste

Directions

1. Heat oil in a sauté pan. Cook the turkey on medium-high heat until it is cooked through (no pink remains). Season with salt and pepper and remove from the heat.
2. Bring frozen, shelled edamame to a boil. Remove from heat as soon as the edamame floats—drain and cool.
3. Mix the edamame, green onion, mango, cashews, and parsley in a bowl. Add the turkey and mix the ingredients. (This mixture can be made one hour or the day before and stored in the refrigerator.)
4. Stir all ingredients of dressing together in a small bowl or jar. Add to the turkey mixture.
5. Spoon into pepper halves and top with chopped cashews. Enjoy!