**Turkey a’l’orange**

**Produce**

garlic (if needed)

yellow onion(if needed)

6 oz. snow peas (if none available use frozen)

red bell pepper (if needed)

7 oz. cremini mushrooms

2 Roma tomatoes

2 oranges

1 piece ginger root

**Canned/Dried Foods**

brown rice(if needed)

low-sodium vegetable broth (if needed)

low-sodium soy sauce (if needed)

sesame oil(if needed)

Asian garlic pepper sauce(if needed)

dried rosemary (if needed)

corn starch (if needed)

**Meat/Fish/Poultry**

**Frozen Foods**

Plant-based Chick’n strips of choice (if eating plant-based)

10 oz. snow peas (if no fresh available)

**Chilled Foods/Dairy**

leftover turkey (in fridge at home)