

RUNZA



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 1 tablespoon avocado oil
- ★ 1 medium yellow onion, medium diced (about 1 cup) (5 ounces)
- ★ 1 pound ground turkey
- ★ 2 teaspoons Worcestershire sauce
- ★ Freshly ground black pepper, to taste
- ★ 4 cloves garlic, minced
- ★ 3 cups shredded green cabbage, shredded on the large holes of a box grater (12 ounces)
- ★ 1 pound store-bought whole wheat pizza dough
- ★ Egg wash (1 large egg + 1 tablespoon water, beaten)

DIRECTIONS

Preheat the oven to 375 degrees F.

Start the filling, heat the oil in a large skillet over medium-low and cook the onion until it starts to caramelize, 8 to 10 minutes. Increase the heat to medium-high, add the ground turkey, breaking up with a wooden spoon into smaller pieces, cook until lightly browned. Season the turkey mixture with Worcestershire, black pepper, stir in the garlic and let cook for 1 minute or until fragrant. Add the cabbage, stirring to combine with the turkey. Let the cabbage cook for 15 to 20 minutes, stirring occasionally, you want all the liquid from the cabbage to cook off and the mixture to brown more. Once cooked, place mixture in a fine-mesh strainer over a bowl to drain off any excess liquid and let cool completely.

Line a sheet pan with parchment paper. Divide the dough into 4 (4 ounce) pieces, roll out each piece of dough on a lightly floured surface into a rectangle, approximately 5 x 7 inches. Place a packed, generous ½ cup of turkey and cabbage mixture in the

center of each rectangle, spread out filling a little, leaving a border of exposed dough around the edge. Fold the two shorter sides of dough over the filling, to hold in the sides of your runza. Then fold one of the longer sides to the center and then fold over the last side and pinch seam closed. Flip the runza over onto the parchment lined pan so the seam is on the bottom. Brush each runza with egg wash and bake for 30 minutes, dough should be golden brown in color.

Serving Size and Nutritional Information:

Serves 4 (Serving Size 1 Roll = 337g)

450 Calories Per Serving, **9g** Total Fat,

58g Total Carbohydrates, **40g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://www.MyType2Transformation.com).



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