**Turkey and Egg Bake  
Serves 4**

**Ingredients**

1 pound lean, ground turkey breast  
1 cup mushrooms, chopped  
½ cup onion, chopped  
½ cup red pepper, chopped  
¼ teaspoon fennel, crushed  
¼ teaspoon dill  
1 teaspoon chopped garlic  
2 eggs beaten  
¼ cup parsley, minced  
2 medium tomatoes, thinly sliced  
  
**Preparation**  
Preheat oven to 350 degrees. In a large skillet, cook the turkey, mushrooms, onion, red pepper, dill, fennel and garlic together until the turkey is no longer pink. Drain off liquid and place the mixture into a pie plate. In a medium bowl, stir together eggs and parsley, and then spread the eggs over the turkey mixture. Bake uncovered for 25 – 30 minutes or until top is set.

**Nutritional Information Per Serving:** Calories 176, Calories from fat 39, Total Fat 4.3 g, Sat Fat 1 g, Cholesterol 142 mg, Sodium 549 mg, Carbs 10.5 g, Fiber 2 g, Sugars 7 g, Protein 24 g