### STEP 1

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 small zucchini</td>
</tr>
<tr>
<td>grater</td>
</tr>
<tr>
<td>sheet of waxed paper</td>
</tr>
<tr>
<td>food processor</td>
</tr>
</tbody>
</table>

**PROCEDURE**

Shred zucchini with grater. Place grater on a sheet of waxed paper.

### STEP 2

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>pepper</td>
</tr>
<tr>
<td>1/2 bag onions</td>
</tr>
<tr>
<td>paring knife</td>
</tr>
<tr>
<td>cutting board</td>
</tr>
<tr>
<td>kitchen shears</td>
</tr>
</tbody>
</table>

**PROCEDURE**

Cut peppers. Clean out seeds.

Use kitchen shears to cut peppers into smaller pieces.
<table>
<thead>
<tr>
<th>STEPS</th>
<th>INGREDIENTS</th>
<th>PROCEDURES</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>1 pound lean ground turkey OR lean ground beef</td>
<td>Saute turkey (or beef), cabbage, onions, grated zucchini on medium heat in a large skillet until meat is no longer pink and juices are clear. Turn while cooking with a spatula.</td>
</tr>
<tr>
<td></td>
<td>1/2 bag of coleslaw</td>
<td>Drain grease, if needed, in a colander over a bowl. (This will only have to be done if using ground beef)</td>
</tr>
<tr>
<td></td>
<td>zucchini, onions, peppers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>skillet</td>
<td></td>
</tr>
<tr>
<td></td>
<td>spatula</td>
<td></td>
</tr>
<tr>
<td></td>
<td>can opener</td>
<td></td>
</tr>
</tbody>
</table>
### YUMMY SLOPPY JOES

#### STEPS
4

#### INGREDIENTS
- 1 (8 oz) can tomato sauce
- 2 Tablespoons brown sugar
- 2 Tablespoons lemon juice
- 1 Tablespoon vinegar
- 1 Tablespoon worcestershire sauce
- 1 Tablespoon mustard
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- meat mixture
- measuring spoons

#### PROCEDURES
Stir into meat mixture tomato sauce, brown sugar, lemon juice, vinegar, worcestershire sauce, mustard, salt & pepper

Simmer for 10 minutes or until cabbage and vegetables are tender. Spoon Sloppy Joes onto a bun and serve immediately.

#### Nutrition Facts
4 servings per container
Serving size 2 sliders

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 350</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 9g</td>
<td>12%</td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
<td>15%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 70mg</td>
<td>23%</td>
</tr>
<tr>
<td>Sodium 670mg</td>
<td>29%</td>
</tr>
<tr>
<td>Total Carbohydrate 38g</td>
<td>14%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>7%</td>
</tr>
<tr>
<td>Total Sugars 16g</td>
<td></td>
</tr>
<tr>
<td>Includes 7g Added Sugars</td>
<td>14%</td>
</tr>
<tr>
<td>Protein 31g</td>
<td></td>
</tr>
<tr>
<td>Vitamin D 0mcg</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium 108mg</td>
<td>8%</td>
</tr>
<tr>
<td>Iron 6mg</td>
<td>35%</td>
</tr>
<tr>
<td>Potassium 834mg</td>
<td>20%</td>
</tr>
</tbody>
</table>

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.