

## 4 Layer Casserole



### Ingredients:

- 1 pound ground turkey
- 1 teaspoon onion powder
- 4 medium potatoes
- 1 – 16 ounce package frozen mixed vegetables
- 1/4 cup cheddar cheese, shredded
- 1/2 cup low-fat milk
- Salt and pepper to taste

### Directions:

1. Preheat oven to 350 F.
2. Cook ground turkey in a pan until brown. Drain excess fat. Season with onion powder.
3. Clean potatoes and slice in rounds.
4. Place potato slices in a large baking dish. Top with vegetables then ground turkey and cheese.
5. Pour milk over casserole. Add salt and pepper to taste.
6. Cover with foil. Bake 1 hour.

Makes 6 servings



**Tarrant County Public Health**

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