

ASIAN CRANBERRY-GINGER SLOPPY POCKETS

Total preparation & cooking time: 25-30 minutes



- 1 pound ground beef (85% lean)
- 1 can (14.5 ounces) cranberry sauce with whole cranberries
- 1 can (6 ounces) tomato paste
- 2 tablespoons honey
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon ground ginger
- 3 cups coleslaw mix
- 6 whole wheat pita pockets (6-inch diameter), cut in half crosswise, warmed

1. Brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes, breaking beef up into 3/4 inch crumbles; drain.
2. Add cranberry sauce, tomato paste, honey, garlic, salt and ginger to skillet with beef; bring to boil. Reduce heat; simmer 5 minutes, stirring often. Stir in coleslaw mix.
3. Fill warm pita pocket halves with scant 1/2 cup beef mixture. Serve immediately.

Makes 6 servings (2 pita halves).

Nutrition information per serving: 469 calories; 10 g fat (4 g saturated fat; 4 g monounsaturated fat); 51 mg cholesterol; 1026 mg sodium; 74 g carbohydrate; 7.6 g fiber; 24 g protein; 6.3 mg niacin; 0.5 mg vitamin B₆; 1.6 mcg vitamin B₁₂; 4.6 mg iron; 42.3 mcg selenium; 4.9 mg zinc; 79.2 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of choline.



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