

Turkey Pastelón (Sweet Plantain Lasagna)

Yield: 9 min
Total Time: 95 min

Recipe from: <https://www.recipeschoose.com/recipes/pastelon-recipe-puerto-rico>

Ingredients:

- 1 1/4 pounds ground turkey 93% lean
- 1/2 cup onion finely chopped
- 3 cloves minced garlic
- 1 tomato chopped
- 1/2 cup green bell pepper finely chopped
- 2 tablespoons cilantro
- 4 ounces tomato sauce
- kosher salt
- ground pepper fresh
- 1 1/2 teaspoons ground cumin
- 1/4 teaspoon oregano
- 2 bay leaves
- 2 tablespoons capers alcaparrado, or green olives would work too
- cooking spray I used my mister
- 4 plantains ripe, peeled and sliced into thin strips
- 1 large egg beaten
- 3 large egg whites beaten
- 2 tablespoons fat free milk
- 1 1/2 cups cheese reduced-fat shredded Mexican blend cheese

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 95 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 19 grams

7. SaturatedFat: 6 grams
 8. Sodium: 410 milligrams
 9. Sugar: 15 grams
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