

Low-Point Butternut Squash Turkey Turnovers

Ingredients:

- 2 Tbs olive oil
- 2 cups butternut squash, cubed
- 2 tsp. chinese five spice
- 1 lb. ground extra-lean turkey
- 1 tsp. kosher salt
- 1/2 tsp. freshly ground pepper
- 2 cups kale, roughly chopped
- 1/4 cup walnuts, chopped
- Pie crust (I used Pillsbury already made pie dough)
- 1 egg, beaten (to brush on dough before baking)
- 1/2 cup light sour cream
- 1 Tbs lemon juice
- 1/4 cup parsley
- 1/2 tsp. Beau Monde seasoning, optional
- 1/4 tsp. pepper
- 1/4 tsp. dill seed

Preheat oven to 400 degrees. Line a baking sheet with parchment paper.

Heat oil in a large skillet over medium heat. Add butternut squash and five spice. Cook for 2 to 3 minutes. Add turkey, salt, and pepper and cook until turkey is almost all the way browned. Stir in kale and cook until heated through, about 5 minutes. Remove from heat and stir in the walnuts.

Unroll both sheets of the pie dough and cut each into 4 even pieces/wedges. Spoon about 1/4 cup of the filling onto each piece of pie dough. Fold over and crimp with a fork to make turnovers triangular in shape. Brush the egg on each turnover and place the pies on the prepared baking sheet. Bake until dough is lightly browned, about 15 to 20 minutes.

While the turnovers are baking, combine the sour cream and rest of the ingredients in a small bowl. Top each of the baked turnovers with a tablespoon of the sour cream mixture and enjoy!

Total servings - 8

Serving size - 1 turnover

Points per serving - 11 (11.5 with a tablespoon of sour cream mixture)

Points plus per serving - 13 (13.5 with a tablespoon of sour cream mixture)

These are rather large turnovers. You can reduce the points per serving by cutting the dough into 6 or 8 small wedges instead of 4.

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

**"Nothing is too much trouble, if it turns out the way they should."
- Julia Child**