



## Green Mole with Turkey and Chochoyones

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3.5 cups deli turkey breast cubed
- ☐ 28 ounce less-sodium chicken broth fat-free canned
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1.5 cups cut green beans (1-inch)
- ☐ 4 jalapeño peppers halved seeded
- ☐ 1 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal

- ☐ 2 cups onion chopped
- ☐ 2 teaspoons vegetable oil; peanut oil preferred divided
- ☐ 3 tablespoons pine nut meal toasted
- ☐ 1 tablespoon sugar
- ☐ 2 pounds tomatillos
- ☐ 2 tablespoons vegetable shortening
- ☐ 1.5 cups water divided

## Equipment

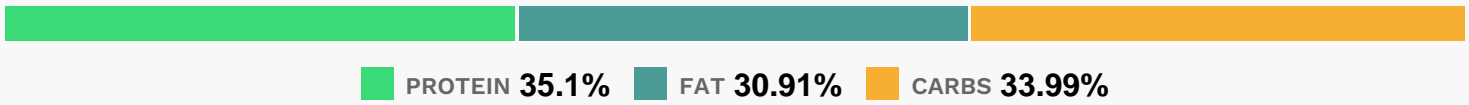
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ broiler
- ☐ dutch oven

## Directions

- ☐ Preheat broiler.
- ☐ Discard husks and stems from tomatillos. Arrange tomatillos and jalapeos in a single layer on a jelly-roll pan. Broil 12 minutes or until tomatillos are slightly blackened.
- ☐ Heat 1 teaspoon oil in a large Dutch oven over medium-high heat.
- ☐ Add onion and garlic to pan; saut 4 minutes or until onion is browned.
- ☐ Place onion mixture, tomatillo mixture, and pine nut meal in a food processor, and process until smooth.
- ☐ Heat remaining 1 teaspoon oil in pan over high heat.
- ☐ Add tomatillo mixture. Partially cover, and cook 10 minutes, stirring occasionally. Uncover and cook an additional 5 minutes or until thick and slightly darkened.
- ☐ While tomatillo mixture cooks, combine masa harina and shortening in a medium bowl.
- ☐ Add 1/4 cup water; knead gently until combined. Shape dough into 18 (1-inch) balls.
- ☐ Place fresh parsley, fresh cilantro, and 1/4 cup water in a food processor, and process until finely chopped.

- ☐
- Add remaining 1 cup water, sugar, and broth to tomatillo mixture in pan; bring to a simmer. Stir in turkey and beans. Gently stir in dough balls; bring to a simmer over high heat. Reduce heat to low, and cook 5 minutes or until dumplings are done.
- ☐
- Remove from heat; stir in parsley mixture.
- ☐
- Wine note: With this mole's bounty of fresh herbs and spicy heat provided by jalapeo peppers, a crisp white with a touch of sweetness will refresh without overwhelming the delicate flavors. Try a riesling, like Drylands Dry Riesling 2006 from New Zealand (\$15). It offers zesty citrus flavor and lively acidity, much like squeezing a lime over your dish to brighten the flavors. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:44.85, Glycemic Load:3.39, Inflammation Score:-9, Nutrition Score:34.491304270599%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 12.8mg, Quercetin: 12.8mg, Quercetin: 12.8mg, Quercetin: 12.8mg

Nutrients (% of daily need)

Calories: 390.92kcal (19.55%), Fat: 14.02g (21.57%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 34.69g (11.56%), Net Carbohydrates: 28.26g (10.28%), Sugar: 12g (13.33%), Cholesterol: 74.53mg (24.84%), Sodium: 838.92mg (36.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.82g (71.64%), Vitamin K: 120.18µg (114.45%), Vitamin B3: 19.82mg (99.08%), Vitamin B6: 1.44mg (72.05%), Selenium: 38.47µg (54.96%), Vitamin C: 43.74mg (53.01%), Phosphorus: 503.58mg (50.36%), Manganese: 0.96mg (48.25%), Vitamin B1: 0.48mg (32.04%), Potassium: 1060.45mg (30.3%), Vitamin B2: 0.5mg (29.66%), Magnesium: 113.83mg (28.46%), Fiber: 6.43g (25.71%), Iron: 4.36mg (24.21%), Folate: 93.19µg (23.3%), Vitamin A: 1044.86IU (20.9%), Zinc: 3.08mg (20.51%), Copper: 0.39mg (19.33%), Vitamin B12: 1.13µg (18.9%), Vitamin B5: 1.73mg (17.33%), Vitamin E: 2.12mg (14.16%), Calcium: 98.65mg (9.86%)