

### **Barbecued Turkey Joes**

Makes 4 servings (1 turkey Joe each)

**POINTS®** value: 6

◇ **1 pound lean ground turkey**

◇ **1/2 medium bell pepper, chopped**

◇ **1/2 medium sweet red pepper, chopped**

◇ **1/2 medium onion, chopped**

1/8 tsp cayenne pepper

1 cup barbecue sauce

4 medium mixed-grain hamburger rolls, sliced in half

1. Brown turkey in a nonstick skillet coated with cooking spray, about 8 to 10 minutes. Drain off liquid. Add peppers and onion and cook until tender, about 3 minutes.
2. Add barbecue sauce and cayenne pepper; heat thoroughly, stirring frequently, about 2 minutes.
3. Top bottom half of buns with turkey mixture; cover with top half of bun and serve.

**Recipe adapted from Weight Watchers®.com**