Turkey and Swiss Sloppy Joes

1 Tablespoon olive oil

12 ounces ground turkey breast

2 cups kale, sliced thin

1 cup chopped onion

1 Tablespoon chopped fresh thyme

1 teaspoon garlic powder

4 ounces cremini mushrooms, sliced

1 1/2 cups 2% milk

1 1 /2 Tablespoons flour

3/4 cup shredded Swiss cheese

salt and pepper

4 whole wheat hamburger buns

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Heat oil in a skillet. Add turkey and cook until browned.

Add kale, onion, thyme, garlic powder and mushrooms. Cook 6 minutes.

Whisk together milk and flour.

Add milk mixture to pan and bring to a boil.

Reduce heat and simmer 5 minutes.

Remove pan from heat. Stir in cheese, pepper and salt.

Spoon mixture onto buns.