



## Featured Recipe

Olson Women's Health Resource Center  
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### Braised Turkey Wings

*November is the month for turkey, and you are going to love this Braised Turkey Wing recipe. It's a great way to use those leftovers! It is low in calories and high in fiber. Turkey is a great source of protein and has several vitamins and minerals. It is also low in saturated fat. Enjoy!*

*Jaime Stevens, Registered Dietitian, Licensed Medical Nutrition Therapist for the Olson Center*

### INGREDIENTS

- 3 whole turkey wings (about 3 pounds total)
- Kosher salt and freshly ground black pepper
- 2 tablespoons olive oil
- 1 cup chopped yellow onion
- ½ cup chopped carrots
- ½ cup chopped celery
- 2 cloves garlic, chopped
- 1 teaspoon chopped fresh rosemary
- 2 teaspoons chopped fresh sage
- 1 teaspoon chopped fresh thyme
- 2 bay leaves
- 2 tablespoons all-purpose flour
- 4 cups turkey or chicken stock
- cooked white rice, for serving

### INSTRUCTIONS

1. Preheat oven to 350° F. Season wings with salt and pepper. Heat oil in a large Dutch oven over medium-high heat. Add wings and cook, turning once, until golden brown, 4 to 5 minutes. Transfer to a plate; reserve pot.
2. Reduce heat to medium. Add onion, carrots and celery to reserved pot. Cook, stirring occasionally, until onion is translucent, 6 to 8 minutes. Add garlic, rosemary, sage, thyme and bay leaves. Cook, stirring, until garlic is fragrant, about 1 minute. Sprinkle in flour and stir until flour becomes a medium brown shade (like the color of caramel), 4 to 5 minutes.
3. While stirring, slowly pour in half of stock. Return wings to pot and pour in remaining stock until wings are 2/3 covered by liquid. Cover and bake until wings are tender, 2 to 2 ½ hours. Serve over rice.

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Prep Time: 40 minutes

Yields: 4 -6 servings

Total Time: 3 hrs. 10 mins

### NUTRITION

Calories: 255 kcal

Carbohydrates: 14g

Fat: 17g

Protein: 5g

Dietary Fiber: 3g

## **Olson Wellness Exchange**

The Olson Wellness Exchange is a free wellness program offered by the Olson Center. Designed to help community members incorporate health and wellness into their daily lives; by joining the Olson Wellness Exchange you will receive up-to-date information on Olson Center educational offerings and learn about companies in Omaha area that are working to improve wellness in the community. Some benefits of your FREE O.W.E. membership include monthly e-mails or mail with current offerings and promotions from O.W.E. partners, a free subscription to our quarterly women's health newsletter, and notifications of educational seminars specific to health issues. To register, call (402) 559-6345, or visit us at the Olson Center for Women's Health – Resource office located on the 4<sup>th</sup> Floor of the Durham Outpatient Center on UNMC's main campus. Registration can also be completed online at [www.unmc.edu/obgyn/community/](http://www.unmc.edu/obgyn/community/).

