

Red Pumpkin Seed Sauce with Turkey, Cactus, and Zucchini over Sautéed Purslane or Quelites



Makes 6 servings

Ingredients with Glycemic Index (GI) Reference

Ingredient	Amount	GI
Turkey breast, boneless, skinless, cut into 1-inch pieces	1½ pounds	NA
Pepitas, raw, hulled, unsalted	1 cup	NA
Dried guajillo chiles, stemmed and seeded	4	NA ¹
Garlic, peeled	1 clove	NA ¹
Low-sodium broth	3 cups, divided	NA ²
Nopales, cleaned of spines and diced	2 cups	NA
Zucchini, cut into half-moons	3 cups	NA
Extra virgin olive oil	2 tablespoons, divided	NA
Purslane or tender quelites, washed and trimmed	8 loosely packed cups	NA
Salt	¼ teaspoon, or to taste	NA

Instructions

- 1. Prepare the nopales.** Cover with water in a saucepan. Simmer for 10 to 15 minutes, until tender. Drain and rinse. Set aside.
- 2. Toast and soak.** Toast guajillo chiles in a dry skillet over medium heat for 10 to 15 seconds per side, without blackening. Cover with hot water and soak 15 minutes; drain. In a dry skillet, toast pepitas for 3 to 5 minutes, stirring until fragrant and lightly golden.
- 3. Blend the pipián sauce.** Blend softened chiles, pepitas, garlic, and 2 cups broth until smooth. The sauce contains only these ingredients and salt.
- 4. Cook the turkey.** Heat 1 tablespoon oil in a wide pot over medium-high heat. Add turkey and brown for 4 to 5 minutes, turning. It will finish cooking in the sauce. Add pipián and the remaining 1 cup broth. Reduce heat and simmer gently for 8 to 10 minutes, stirring often.
- 5. Add the vegetables.** Stir in zucchini and drained nopales. Simmer 8 to 10 minutes, until zucchini is tender and the thickest turkey pieces reach 165°F (74°C). Add a little water if the sauce thickens too much. Season with salt.
- 6. Sauté the greens and serve.** Heat the remaining 1 tablespoon oil in a large skillet. Add the purslane or quelites in batches and sauté 3 to 5 minutes, until tender. Divide greens among 6 plates. Spoon turkey, vegetables, and pipián over each portion.

¹ NA is practical guidance for small culinary amounts, not a tested value. Seeds and nonstarchy vegetables generally have too little available carbohydrate for useful GI testing.

² Assuming the broth does not contain any added sugar or a significant amount of carbohydrates.

Recipe used with permission from Dr. Claudia Serrato.