

Turkey & Veggie Skillet

Ingredients

1 pound lean ground turkey
½ tsp chili powder
½ tsp oregano
¼ tsp paprika
Salt & pepper to taste

Veggies:

1 Tbsp olive oil
3 small zucchini
1 bell pepper – any color
1 small white onion
2 cloves garlic, minced
½ tsp oregano
½ tsp basil
½ tsp paprika
Salt & pepper to taste
¼ cup water
4-5 oz baby spinach



Directions

1. Brown ground turkey in non-stick skillet over medium heat. Break up meat into crumbles and sprinkle with chili powder, oregano, paprika, salt & pepper. Remove from pan and set aside.
2. Cut veggies into bite sized pieces. Add olive oil to skillet and saute onion, zucchini & peppers until onions are translucent and zucchini & peppers are tender. Sprinkle with remaining seasonings.
3. Return turkey to skillet and add water along with baby spinach. Stir to blend and cover to allow spinach to wilt. Serve immediately.

Makes 4 servings

Nutrition Facts:

Calories	268
Total Fat	14g
Total Carbohydrates	9g
Dietary Fiber	4g
Protein	25g