



## **GROUND TURKEY AND ZUCCHINI SKILLET**

This ground turkey skillet is a healthy and quick dinner. You'll love this one pot meal for busy weeknights!

### **INGREDIENTS**

- 1lb lean ground turkey
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp chili powder
- ½ tsp dried oregano
- ¼ tsp paprika
- 1-2 cloves garlic, minced

### **Veggies:**

- 1½ T olive or avocado oil
- 2 medium zucchini, cubed
- 1 bell pepper, any color, cut into ¾ inch pieces (close to same size as zucchini)
- ½ white or yellow onion, cut into ¾ inch pieces (close to same size as zucchini)
- ½ tsp salt
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried oregano
- ½ tsp dried basil
- ½ tsp paprika
- ¼ tsp black pepper
- ½C water
- 2 T tomato paste
- 5 oz fresh baby spinach



### **INSTRUCTIONS**

1. Add your ground turkey to a large skillet on the stovetop. Use a spatula to crumble the meat. Cook on medium-high heat, stirring occasionally, until browned.
2. Stir in salt, pepper, chili powder, oregano, paprika, and minced garlic. Saute for one more minute so garlic is golden in color. Remove meat mixture from pan and set aside.
3. Reduce heat to medium. Add the oil to skillet with the zucchini, onion, and bell pepper. Sprinkle with salt, garlic powder, onion powder, oregano, basil, paprika, and pepper. Stir. Sauté, stirring occasionally, until the onion is translucent and peppers and zucchini are close to tender, about 5 to 10 minutes.
4. Return the cooked ground turkey and garlic to the skillet. Add the water, tomato paste, and fresh spinach. Stir. Cover and simmer everything for 5 to 10 minutes or until it's all warmed through and spinach is wilted.

**Notes:**aps, and in pitas.