



Harvest Turkey Skillet

SERVINGS: 4

PREPPING TIME: 15 MINS

COOKING TIME: 25 MINS

INGREDIENTS

- 1 lb. ground turkey (preferably lean, 93% or higher)
- 1 tbsp. olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 medium sweet potato, peeled and diced
- 1 zucchini, diced
- 1 cup broccoli florets
- 1 cup cherry tomatoes, halved
- 1 cup low-sodium chicken broth
- 1 tsp. paprika
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. ground cumin
- Salt and pepper to taste
- Zest of 1 small lemon
- Chopped parsley for garnish
- Lemon, cut into wedges for garnish

Dressing:

- 1/4 cup fresh parsley, chopped (optional)
- Juice of 1/2 lemon
- 1/4 tsp. Salt
- 2 tbsp. Olive oil
- 1 garlic clove, grated
- 1/4 tsp. honey
- Pinch of ground chili or 1 fresh red Jalapeno, chopped finely

DIRECTIONS

1. To make the dressing, mix all the dressing ingredients in a small bowl and leave aside.
2. Peel and dice the sweet potato into small, even pieces to ensure they cook evenly.
3. In a large skillet heat 1/2 tbsp. of olive oil over medium-high heat.
4. Add the ground turkey to the skillet and cook until browned, breaking it up with a spoon as it cooks. This should take about 5 minutes. Remove the cooked turkey from the skillet and set aside.
5. In the same skillet, heat 1/2 tbsp. of olive oil and add the diced onion and garlic. Sauté until the onion becomes translucent, about 3 minutes.
6. Add the diced sweet potato to the skillet. Cook for about 5 minutes, stirring occasionally, until it begins to soften.
7. Add the diced red and yellow bell peppers, and zucchini. Cook for another 5 minutes, stirring occasionally.
8. Add the broccoli florets and cherry tomatoes.
9. Return the cooked turkey to the skillet and add the paprika, dried oregano, dried basil, and ground cumin. Stir for a few minutes until well combined. Pour in the low-sodium chicken broth. Season with salt and pepper to taste and stir in the lemon zest.
10. Let the mixture simmer for 10 minutes, allowing the flavors to meld together and the vegetables, including the sweet potato, to become tender.
11. Remove the skillet from heat. Pour into 4 dishes, drizzle over the dressing, and top with chopped parsley and lemon wedges.

NUTRITION

Serving size: 1.5-2 cups
 (per serving) 350 calories, 21g fat, 4g saturated fat,
 85mg cholesterol, 350mg sodium, 19g
 carbohydrate, 5g fiber, 7g sugar, 25g protein,