

Easy Turkey Skillet Dinner

Makes 4 servings.

1 cup per serving.

Prep time: 5 minutes

Cook time: 25 minutes

INGREDIENTS

nonstick cooking spray

¾ pound lean ground turkey

1 medium onion, peeled and chopped

3 tomatoes, chopped

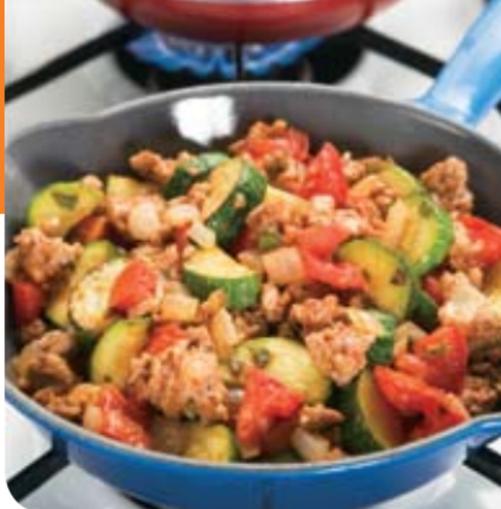
3 tablespoons tomato paste

1 teaspoon each dried basil, oregano, and garlic powder

½ teaspoon salt

¼ teaspoon ground black pepper

2 medium zucchini, sliced



PREPARATION

1. Spray nonstick cooking spray in a large skillet.
2. Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes.
3. Add tomatoes, tomato paste, and seasonings. Simmer over medium heat for 10 minutes.
4. Add zucchini and cook for 5 minutes more. Serve while hot.

Nutrition information per serving: Calories 181, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 21 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 57 mg, Sodium 462 mg