



Easy Turkey Skillet Dinner

Ingredients:

Non-stick cooking spray
3/4 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
1/2 teaspoon salt
1/4 teaspoon ground black pepper
2 medium zucchini, sliced

Directions:

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Spray nonstick cooking spray in a large skillet.
3. Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes.
4. Add tomatoes, tomato paste, and seasoning. Simmer over medium heat for 10 minutes.
5. Add zucchini and cook for 5 minutes more. Serve while hot.

Nutrition Facts (Per Serving)

calories, 143; carbohydrate, 11g; protein, 24g; total fat, 1g; saturated fat, 0g; trans fat, 0g; cholesterol, 34mg; fiber, 3g; total sugars, 6g; sodium, 356mg; calcium, 34mg; folate, 28mcg; iron, 2mg; percent calories from fat, 6%.

Recipe adapted from Network for a Healthy California

4 servings, approximately 1 cup each



Easy Turkey Skillet Dinner

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

<https://www.azhealthzone.org/recipes>