

Easy Turkey Skillet Dinner

From the California Dept. of Public Health and the Network for a
Healthy California Champions for Change

<http://www.cachampionsforchange.net/en/docs/Dinner/Easy-Turkey-Skillet-Dinner.pdf>

Ingredients

- Nonstick cooking spray
- ¾ pound lean ground turkey
- 1 medium onion, peeled and chopped
- 3 tomatoes, chopped
- 3 tablespoons tomato paste
- 1 tsp each dried basil, oregano, and garlic powder
- ½ tsp salt
- ¼ tsp ground black pepper
- 2 medium zucchini, sliced

Instructions

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.

Makes 4 servings (*1 cup per serving*)

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

