



Easy Turkey Skillet Dinner

Serve this hearty meal with whole wheat bread and green salad.

Makes 4 servings. 1 cup per serving.

Prep time: 5 minutes **Cook time:** 25 minutes

Ingredients

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| nonstick cooking spray | 1 teaspoon each dried basil, oregano, and garlic powder |
| $\frac{3}{4}$ pound lean ground turkey | $\frac{1}{2}$ teaspoon salt |
| 1 medium onion, peeled and chopped | $\frac{1}{4}$ teaspoon ground black pepper |
| 3 tomatoes, chopped | 2 medium zucchini, sliced |
| 3 tablespoons tomato paste | |

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