

TURKEY AND ZUCCHINI SKILLET

INGREDIENTS

- 8 Ounce Ground turkey
- 3 Cloves Garlic - chopped
- 1 Leek - chopped
- 2 Cups Zucchini - chopped
- 1 Can of diced tomatoes
- 1 Tbsp. Italian seasoning
- ½ Tbsp. Olive oil
- Salt and Pepper - to taste
- Optional topping - Red pepper flakes



PREPARATION

1. Heat up a large non-stick skillet over medium heat and add oil. Once the olive oil is hot, stir in leek and garlic along with a pinch of salt. Let them cook for 2 minutes.
2. Set all the veggies to one side of the pan and then using a wooden or rubber spatula, stir in ground turkey and break into small pieces. Season the turkey with salt and pepper.
3. Once the turkey loses its pink color, start combining the ground turkey with the leek and garlic.
4. Add in zucchini, oregano, a little more salt and pepper, and tomatoes. Give it a good mix and allow everything to simmer for 15-30 minutes. Keep simmering depending on how soft you like your zucchini.
5. Serve over a bed of spaghetti squash or cauliflower rice etc., and top with red pepper flakes (Optional)
6. Enjoy!

