



Mediterranean Turkey Skillet

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 6 servings.

I've always heard that it's important to eat a rainbow of colors to get all of the nutrients we need. Thanks to my garden-grown veggies, this dish certainly fits the bill. —Nicole Ehlert, Burlington, Wisconsin

Ingredients

1 tablespoon olive oil

1 package (20 ounces) lean ground turkey

2 medium zucchini, quartered lengthwise and cut into 1/2-inch slices

1 medium onion, chopped

2 banana peppers, seeded and chopped

3 garlic cloves, minced

1/2 teaspoon dried oregano

1 can (15 ounces) black beans, rinsed and drained

1 can (14-1/2 ounces) diced tomatoes, undrained

1 tablespoon balsamic vinegar

1/2 teaspoon salt

Directions

1. In a large skillet, heat oil over medium-high heat. Add turkey, zucchini, onion, peppers, garlic and oregano; cook 10-12 minutes or until turkey is no longer pink and vegetables are tender, breaking up turkey into crumbles; drain. Stir in remaining ingredients; heat through, stirring occasionally.

Nutrition Facts

1 cup: 259 calories, 10g fat (2g saturated fat), 65mg cholesterol, 504mg sodium, 20g carbohydrate (6g sugars, 6g fiber), 24g protein. **Diabetic Exchanges:** 3 lean meat, 1 vegetable, 1/2 starch, 1/2 fat.

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