

Turkey and Vegetable Skillet

INGREDIENTS:

- 1 T olive oil
- 1 pound ground turkey
- ½ cup diced onion
- 2 cloves of garlic, minced
- 1 ½ tsp dried oregano
- 1 tsp dried basil
- Sea salt and fresh ground pepper to taste
- 1 ½ cups diced zucchini and/or summer squash
- 1 cup fresh green beans, ends trimmed and cut into 1-2 inch pieces
- 14.5 oz can fire roasted tomatoes
- ½ cup shredded smoked mozzarella cheese (optional)

PROCESS:

In a large skillet over medium high heat, heat the olive oil. When the oil is hot add in the ground turkey and crumble.

Once the turkey is almost cooked through add in the onion, garlic, basil, oregano and season with salt and pepper. Cook for 1 minute and then add in the rest of the vegetables. Cook for another 4-5 minutes or until the vegetables have softened slightly. Top with cheese if using and ENJOY!

From: reciperunner.com

