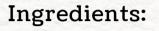


TURKEY GROUND Recipes - Breakfast | Lunch | Dinner

TURKEY AND SPINACH BREAKFAST BURRITO TURKEY AND VEGETABLE LETTUCE WRAPS TURKEY AND ZUCCHINI MEATBALLS

WITH MARINARA SAUCE

TURKEY AND SPINACH BREAKFAST BURRITO



- 4 large eggs
- 1/2 pound ground turkey
- l cup fresh spinach, chopped
- l/4 cup diced onion
- l/4 cup diced bell peppers (any color)
- Salt and pepper to taste
- 4 whole wheat tortillas
- Optional toppings: salsa, avocado slices, shredded cheese

Instructions:

- I. In a skillet over medium heat, cook ground turkey until browned. Remove from skillet and set aside.
- 2. In the same skillet, add diced onion and bell peppers. Cook until softened, about 3-4 minutes.
- 3. In a bowl, whisk together eggs. Pour eggs into the skillet with the cooked vegetables.
- 4. Add cooked ground turkey and chopped spinach to the skillet. Stir to combine and cook until eggs are scrambled and cooked through.
- 5. Season with salt and pepper to taste.
- 6. Warm tortillas in a separate skillet or microwave.
- 7. Divide the turkey and spinach mixture among the tortillas, then roll them up to form burritos.
- 8. Serve with optional toppings such as salsa, avocado slices, or shredded cheese.



BREAKFAST

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TURKEY AND VEGETABLE LETTUCE WRAPS

Ingredients:

- 1/2 pound ground turkey
- l cup mixed vegetables

(such as bell peppers, carrots, and mushrooms), diced

- 2 cloves garlic, minced
- 2 tablespoons low-sodium soy sauce
- l tablespoon hoisin sauce
- l teaspoon sesame oil
- Lettuce leaves (such as romaine or butter lettuce) for wrapping
- Optional toppings: sliced green onions, sesame seeds

Instructions:

- 1. In a skillet over medium heat, cook ground turkey until browned.
- 2. Add diced mixed vegetables and minced garlic to the skillet. Cook until vegetables are tender, about 5-7 minutes.
- 3. In a small bowl, whisk together soy sauce, hoisin sauce, and sesame oil. Pour over the turkey and vegetable mixture in the skillet. Stir to combine and cook for an additional 2-3 minutes.
- 4. Remove from heat and spoon the turkey and vegetable mixture onto lettuce leaves.
- 5. Garnish with sliced green onions and sesame seeds if desired.
- 6. Serve immediately.

TURKEY AND ZUCCHINI MEATBALLS WITH MARINARA SAUCE

Ingredients:

- l pound ground turkey
- l cup grated zucchini (squeeze out excess moisture)
- 1/4 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- l egg
- 2 cloves garlic, minced
- l teaspoon dried Italian seasoning
- Salt and pepper to taste
- 2 cups marinara sauce
- Fresh basil leaves, chopped (for garnish)

Instructions:

- I. Preheat oven to $375 \,^{\circ}$ F (190 $^{\circ}$ C). Line a baking sheet with parchment paper or lightly grease with cooking spray.
- 2. In a large bowl, combine ground turkey, grated zucchini, breadcrumbs, Parmesan cheese, egg, minced garlic, Italian seasoning, salt, and pepper. Mix until well combined.
- 3. Shape the mixture into meatballs (about 1 inch in diameter) and place them on the prepared baking sheet.
- 4. Bake in the preheated oven for 20-25 minutes, or until meatballs are cooked through and lightly browned.
- 5. While the meatballs are baking, heat marinara sauce in a saucepan over medium heat until warmed through.
- 6. Serve the turkey and zucchini meatballs with marinara sauce, garnished with chopped fresh basil leaves.