

3 TURKEY GROUND

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TURKEY AND SPINACH BREAKFAST BURRITO

TURKEY AND VEGETABLE LETTUCE WRAPS

TURKEY AND ZUCCHINI MEATBALLS

WITH MARINARA SAUCE



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TURKEY AND SPINACH BREAKFAST BURRITO

BREAKFAST



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Ingredients:

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



Instructions:

1. 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.



2 TURKEY AND VEGETABLE LETTUCE WRAPS

Ingredients:

- 1/2 pound ground turkey
- 1 cup mixed vegetables
(such as bell peppers, carrots, and mushrooms), diced
- 2 cloves garlic, minced
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon hoisin sauce
- 1 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.



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TURKEY AND ZUCCHINI MEATBALLS WITH MARINARA SAUCE

Ingredients:

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



Instructions:

1. Preheat oven to 375 °F (190 °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.

