



## Mediterranean Turkey Skillet Recipe



SERVES 6

Prep/Total Time: 3 Minutes

### INGREDIENTS

- Non-stick, zero-calorie cooking spray
- 1 package (20 ounces) lean ground turkey
- 2 medium zucchinis, 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 [Omit if following Smart for Life Program]
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon salt

### DIRECTIONS

1. Spray a large skillet generously with non-stick cooking spray.
2. Over medium heat, cook the turkey, zucchini, onion, peppers, garlic and oregano; cook 10-12 minutes (until turkey isn't pink and veggies are tender). Break up turkey into crumbles as its cooking.
3. Drain the turkey, then add back to pan with remaining ingredients. Heat thoroughly, stirring occasionally.