

## Turkey Zucchini Skillet

- 2 lbs ground turkey
- 2.5–3 lbs zucchini, cut into thin slices
- 1 medium onion, finely chopped
- 1 pint grape tomatoes, cut in halves
- 1/4 teaspoon Himalayan sea salt and other seasonings of choice
- 1 teaspoon olive or coconut oil

1. Preheat large skillet on medium heat and swirl oil to coat. Add onion and cook for 3 minutes, stirring occasionally.

2. Add ground turkey and cook for 5-7 minutes, constantly breaking into pieces and stirring.

3. Add zucchini, stir and cook for another 3-4 minutes, stirring occasionally.

4. Turn off heat, add tomatoes, then stir.

Serving Size = 3 ounces turkey and 1 cup of vegetables ( about 2 cups total )

