



Zucchini Turkey Skillet

3 servings
20 minutes

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 1 lb Ground Turkey
- 2 Zucchini (large, finely diced)
- 1 cup Organic Salsa
- 3 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	421
Fat	25g
Carbs	14g
Fiber	4g
Sugar	10g
Protein	38g

Directions

- 1 Add the olive oil to a large skillet and place over medium heat.
- 2 Add chopped onion and cook until just soft, ~5 minutes.
- 3 Add the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 4 Add the salsa to the skillet and stir well to mix.
- 5 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 6 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

More Protein, Add extra eggs.

Vegetarian, Use lentils instead of ground turkey.

More Greens, Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa, Use crushed tomatoes instead.