



Turkey Skillet



Here is a quick and easy meal, that also has a lot of flavor! This recipe is also pretty easy to modify and pretty flexible to work with, using what you have available in your house. For example we've used ground chicken/beef instead of ground turkey. Serve this over some brown rice (or white rice, whatever you prefer) and you have a delicious meal!

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~Shared by Joshua Szopinski ~ [FitRec Certified Personal Trainer](#)

Ingredients:

- 1 lb lean ground turkey
- 1 tsp Italian seasoning
- 3 tbsp low-sodium tamari (Soy sauce is a good substitute)
- 1 tbsp of extra-virgin olive oil
- 2 cloves garlic, minced
- 1 small yellow onion, diced
- 1/2 medium green bell pepper, diced
- 1 - 14.5 oz can petite diced fire roasted tomatoes (no salt added)
- 8 oz baby crimini mushrooms, sliced
- 3 cups baby spinach
- 1.5 cups of cooked brown rice (Optional)
- 1/4 cup chopped fresh cilantro (Optional)



Directions:

1. Heat a skillet over medium heat and add the ground turkey, breaking it into pieces. Cook until browned about 5 minutes.
2. Add the Italian seasoning and 1 tbsp of tamari into the ground turkey, cooking it for another 2 minutes. Transfer the turkey to a plate or bowl lined with paper towels to absorb/drain the excess fat.
3. Continue to keep the skillet on the heat. Add the olive oil, garlic, onion, and bell pepper. Sauté until tender, usually about 3-4 minutes.
4. Add in the rest of the tamari to the skillet, along with the mushrooms and tomatoes. Cook until the tomato juices begin to boil, then reduce to a simmer.
5. Return cooked ground turkey to the skillet. Add baby spinach and heat until the leaves begin to wilt.
6. Garnish with cilantro, if desired. Serve with a side of brown rice.

Recipe shared from "[Zero Belly Cookbook](#)" by David Zinczenko

