FALL TURKEY SKILLET

INGREDIENTS

- 1 Tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 lb ground turkey
- 2 tsp salt + pepper
- 1 Tbsp sage
- 1 Tbsp rosemary
- 2 cups butternut squash or sweet potato, cubed
- 1 bag pre-cooked rice
- 1/2 cup chicken broth or water
- 2 cups kale, chopped
- 2 oz goat or feta cheese

DIRECTIONS

1. Heat oil in a large skillet over medium heat. Add onion and garlic and sauté 2-3 minutes.
2. Increase heat to medium-high, add turkey and cook until browned.
3. Add squash, rice packet, seasonings and broth/water, and bring to a simmer.
4. Reduce heat to low and cover. Simmer until broth/water is absorbed, about 12 minutes.
5. Stir in kale and season to taste. Top with cheese before serving.



Serves: 4
Serving Size: 2 cups
Calories: 400
Protein: 35g
Fiber: 6g

Recipe courtesy of broccyourbody.com