



Healthy Turkey Skillet

1 Tablespoon olive oil
1 lb. 93% lean ground turkey
1 medium green bell pepper, diced
into 1/2-inch pieces
1 medium yellow onion, diced into
1/2-inch pieces

1 (14.5 oz.) can no salt added peeled &
diced
tomatoes, undrained
8 oz. whole wheat elbow macaroni,
cooked
1 (15 oz.) can kidney beans, drained &
rinsed
2 Tablespoons chili powder
2 teaspoons ground cumin

Instructions: Heat olive oil in a large skillet over medium-high heat. Add turkey and cook until no longer pink. Add the bell pepper, onion, tomatoes, cooked noodles, beans, chili powder and cumin to the turkey. Mix well and simmer 15 minutes.

Yield: 10- 1 cup servings

Nutrition Facts (per serving): 230 calories, 7 grams fat, 150 milligrams sodium,
29 grams carbohydrate, 7 grams fiber, 16 grams protein