



Mediterranean Turkey Skillet

🕒 Total Time Prep/Total Time: 30 Min.

Yield 6 Servings



👍 Test Kitchen Approved

Our one-pot Mediterranean turkey skillet recipe, filled with lean ground turkey, a rainbow of vegetables and savory black beans, is a weeknight winner.

Ingredients

- 1 tablespoon olive oil
- 1 package (20 ounces) lean ground turkey
- 2 medium zucchini, quartered lengthwise and cut into 1/2-inch slices
- 1 medium onion, chopped
- 2 banana peppers, seeded and chopped
- 3 garlic cloves, minced
- 1/2 teaspoon dried oregano
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon salt

Directions

- 1 In a large skillet, heat oil over medium-high heat. Add turkey, zucchini, onion, peppers, garlic and oregano; cook 10-12 minutes or until turkey is no longer pink and vegetables are tender, breaking up turkey into crumbles; drain. Stir in remaining ingredients; heat through, stirring occasionally.

Nutrition Facts

1 cup: 259 calories, 10g fat (2g saturated fat), 65mg cholesterol, 504mg sodium, 20g carbohydrate (6g sugars, 6g fiber), 24g protein. **Diabetic Exchanges:** 3 lean meat, 1 vegetable, 1/2 starch, 1/2 fat.

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I've always heard that it's important to eat a rainbow of colors to get all of the nutrients we need. Thanks to my garden-grown veggies, this dish certainly fits the bill. —Nicole Ehlert, Burlington, Wisconsin

RECIPE CREATOR

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