



Ground Turkey and Quinoa Skillet Dinner

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Yield: 4 servings

***Shortcuts:** If you're short on time and don't mind paying a little more, grab a container of pre-cut veggies in the produce department and you're one step closer to dinnertime. You can also buy frozen onion or better yet, chop up your own and freeze for later. For a faster fix, skip the step of cooking quinoa and just stir in a package of Uncle Bens microwaveable Ready Medley: Quinoa and brown rice-but the rice does add carbs.*

*** Low Carb * Clean Eating**

Ingredients:

2 teaspoons olive oil
1 pound ground turkey or chicken
2 cloves garlic, minced
2 teaspoons salt-free garlic and herb seasoning (use dried oregano for strict gluten free)
1/8 teaspoon salt (Himalayan if you have it)
1/3 cup uncooked quinoa
2 cups roughly chopped kale
1 medium zucchini, cut into cubes
1 large yellow squash, cut into cubes
2 tablespoons red onion slivers

Directions:

1. Combine quinoa and 2/3 cup water in a medium saucepan. Bring to boil; cover and reduce the heat to a simmer and simmer 15 minutes. Remove it from the heat and let stand 5 minutes.
2. Meanwhile, heat the oil in a large nonstick skillet over medium-high heat until hot. Add the turkey, garlic, seasoning, and salt. Cook 8 minutes, stirring occasionally, until turkey is done.

3. Stir in kale, zucchini, and yellow squash. Cook over medium-high heat, stirring often, 3 minutes or until the vegetables are cooked to your liking- I like the still a little crisp.
4. Stir in the cooked quinoa and sprinkle with onion slivers.

Note: If you don't like raw onion go ahead and stir it in with the turkey and garlic. I love the crunch!