

## Ground Turkey Stir Fry

### Ingredients:

- 1 1/2 cups brown rice, medium-grain, making 3 cups cooked
- 1 pound ground turkey
- 4 zucchini
- 1 onion
- 1 green pepper
- 1/4 teaspoon pepper

### Equipment:

- Sauce pan with lid
- Cutting board
- Knife
- Large non stick skillet
- Spatula

Number of Servings: 6

Prep Time: 25 minutes

Total Time: 25 minutes

### Directions

1. Cook brown rice according to package directions. Set aside.
2. While rice is cooking, heat skillet to medium. Place ground turkey in skillet and use a spatula to break beef into small pieces as it browns. Keep on stirring and breaking into small pieces until it is no longer pink. Once it is done, put browned turkey on a plate covered with several layers of paper towels to absorb fat. Set aside.
3. Wash zucchini and place on cutting board. Cut off ends. Cut in half lengthwise, and lay flat on cutting board. Cut each half in half again. Slice into slices. Set aside.
4. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, into thin slices. Set aside.
5. Wash a green pepper and, hold it by the top with the bottom sitting on a cutting board. Slice down one side, cutting between the spines where the white membranes are. Turn the pepper to the next side, and slice off the next side between the spines. Keep turning until you have a skeleton. This piece can be thrown away. Take the sides you have created and slice them apart, then dice the slices.
6. Add vegetables to skillet. Stir constantly until vegetables are tender for 10-15 minutes. Add turkey to skillet. Mix well and season as desired.
7. Serve over rice.

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### Nutrition Facts

Serving Size: 3/4 cup  
 Servings: 6

Amount Per Serving		Calories from Fat 72
Calories 316		%Daily Value*
Total Fat 8g		12%
Saturated Fat 2g		10%
Cholesterol 60mg		20%
Sodium 78mg		3%
Total Carbohydrate 43g		14%
Dietary Fiber 3g		12%
Protein 19g		37%
Vitamin A 11%	Vitamin C 51%	
Iron 14%	Calcium 5%	

\*Percent Daily Values are based on a 2,000 calorie diet.

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