

# Lemon Turkey Quinoa Skillet

1 SERVING 30 MINUTES



## INGREDIENTS

1 1/8 tps Extra Virgin Olive Oil  
1/2 Garlic (cloves, minced)  
4 ozs Extra Lean Ground Turkey  
1/4 tsp Oregano (dried)  
1/16 tsp Sea Salt  
1 tbsp Black Olives (chopped)  
1/2 cup Baby Spinach (chopped)  
3 tbsps Quinoa (dry, uncooked)  
1/3 cup Organic Vegetable Broth  
1/4 Lemon (zested and juiced)

## NUTRITION

### AMOUNT PER SERVING

Calories	356	Potassium	542mg
Fat	18g	Vitamin A	1724IU
Carbs	24g	Vitamin C	10mg
Fiber	3g	Calcium	71mg
Sugar	1g	Iron	4mg
Protein	27g	Vitamin B12	1.4µg
Cholesterol	84mg	Magnesium	101mg
Sodium	547mg	Zinc	4mg

## DIRECTIONS

- 01 Heat oil in a large skillet with a tight-fitting lid over medium-high heat.
- 02 Add the garlic to the skillet and cook for a minute until fragrant. Add the turkey, oregano and salt to the skillet and continue to cook for about 5 to 7 minutes or until the turkey is cooked through, breaking it up as it cooks.
- 03 Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.
- 04 Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender.
- 05 Stir in the lemon zest and lemon juice. Season with additional salt if needed. Serve immediately and enjoy!

## NOTES

### MORE FLAVOR

Top with crumbled feta cheese, chopped parsley and/or extra lemon wedges.

### LEFTOVERS

Keep in an air-tight container in the fridge for up to 3 days.

### NO QUINOA

Use long-grain white rice instead.

### NO SPINACH

Use chopped kale or swiss chard instead.

### NO GROUND TURKEY

Use ground chicken or ground beef instead.

### NO VEGETABLE BROTH

Use any type of broth, or water instead.

**VEGAN & VEGETARIAN**

Use cooked lentils instead of ground turkey.