



Turkey N' Squash Dinner

1 pound ground turkey
4 to 5 yellow squash, sliced
1 green pepper, chopped

1 can (16 oz) stewed tomatoes
1/2 teaspoon ground pepper

Directions:

In medium skillet, brown ground turkey, drain off grease and rinse turkey in colander. Return turkey to the skillet. Stir in squash, green pepper, and tomatoes. Add ground pepper (if desired). Cook over low heat for 30 to 40 minutes. Serve hot.



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Nutrition Facts

Servings Per Recipe: 6

Amount Per Serving: 1 cup

Calories 180

39% of total calories from fat

Total Fat 8g

Sodium 228mg

*Vitamin A 10%

*Vitamin C 49%

*Calcium 8%

*Iron 15%

* Percentage Daily Values

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Kelly Bryant, MS, RD, LD, EFNEP Nutrition Specialist

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