

HEALTHY GROUND TURKEY BOWL

A light, nutritious meal packed with fresh ingredients, perfect for a balanced and healthy lifestyle.

Makes several meals for one



Ingredients

- 16 oz ground turkey
- $\frac{2}{3}$ cup brown or basmati rice (about 10 oz cooked)
- 6.5 oz quartered, drained artichoke hearts (optional)
- 4.5 oz sliced mushrooms, or use fresh
- 14.5 oz green beans
- 3 garlic cloves
- 1 Tbsp olive oil
- Oregano, salt and pepper to taste
- Fresh lime, squeezed over before serving

Instructions

- 1 Prepare and wash all vegetables.
- 2 Sauté the ground turkey until browned, then drain and set aside.
- 3 Prepare the rice as instructed on the package.
- 4 Add the olive oil, green beans, mushrooms and artichoke hearts to the skillet, adding the garlic for the last minute.
- 5 Stir the rice and turkey into the skillet, mixing everything together.
- 6 Season with soy sauce and other seasonings you like.

Tips

Use low-sodium seasoning to reduce salt. Choose fresh, whole ingredients for better nutrition, though canned or frozen vegetables work great and won't need to cook as long. Avoid processed foods to keep your meal clean and healthy. Makes multiple meals for one person. Try different veggies.