



What's On My Plate?

Turkey Mish-Mash of the gods

Ingredients:

1 lb.(-ish) Ground Turkey (or tofu)

1 yellow onion, chopped

1 Garlic clove, minced

(Note: Don't get lazy and used the pre-minced stuff, get a garlic clove and mince it. The flavor is soooo much better even if it does make your fingers a little stinky).

2 small zucchini, chopped

2 small yellow squash, chopped

1 yellow pepper, seeded and chopped

1 pkg. sliced mushrooms

Olive Oil

Kosher salt and pepper to taste

1 tsp(-ish) of Thyme, dried

Brown Rice, cooked according to the directions. About 2 cups cooked.

½ cup freshly grated parmesan cheese (as always if you are vegetarian, delete the cheese or use an alternative. My suggestion is to use an alternative. It adds to the mishy-mashiness of the dish)

Directions:

1. Drizzle a little olive oil and sauté your ground turkey in a large skillet. Season with salt and pepper. After the turkey is nice and cooked (but not overdone), remove your meat from the skillet and put into a large mixing bowl.
2. Add a little more olive oil to your skillet (don't you just love the word skillet? Say it with me now. SKILLET! 😊) Drop in your onions and garlic and sauté until the onion is translucent.
3. Next add your zucchini and yellow squash. Sauté for approx. 2 minutes.
4. Add your thyme and some salt and pepper to taste.
5. Add your yellow pepper and mushrooms. Cook for approx. 5-7 minutes until the mushrooms are cooked. But Don't Overcook Your Veggies! Mooshy Mish Mash is not for the gods. That is why I always add my vegetables to the skillet in stages based on how long they take to cook.
6. Add your ground turkey to the skillet and cook long enough to marry all those yummy flavors, about 2 minutes.
7. Dump the ingredients of your skillet into to the large mixing bowl. Add the cooked brown rice and parmesan cheese and give it a gentle mix.
8. Serve in a plate or a bowl. If you are feeling advantageous sprinkle some freshly chopped Italian parsley and a touch of parmesan cheese to garnish and SERVE.

Rating- 3.5 out of 5 stars

Number of times I used the word skillet in this entry – 7 😊