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## **The Go-To Ground Turkey Skillet**

### **Ingredients:**

93% lean ground turkey, 1 lb.  
Chopped red pepper, 1 cup  
Poblano pepper, chopped, 1 cup  
Onion, 1/2 cup  
Garlic cloves, minced, 4-5  
Salt  
Pepper  
Red pepper flakes  
Olive oil, 1 tsp

### **Directions:**

1. Wash and prep your veggies and garlic.
2. Heat a medium to large nonstick skillet over low to medium heat. Add olive oil.
3. Add onions and garlic to skillet, lightly sauté for 1-2 minutes, taking care not to burn the garlic.
4. Add ground turkey to skillet. Sauté turkey for about 3-4 minutes.
5. Add in vegetable mixture and season with salt and pepper. Continue to sauté turkey until cooked through.
6. Drain any excess fat, sprinkle with red pepper flakes, and enjoy!