



Savory Turkey & Vegetable Bake

4 servings
40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 Yellow Onion (finely chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Italian Seasoning
- 1 tsp Sea Salt
- 2 cups Kale Leaves (chopped)
- 2 cups Butternut Squash (chopped into 1 cm cubes)
- 3/4 cup Organic Coconut Milk (full fat, from the can)

Nutrition

Amount per serving	
Calories	328
Fat	21g
Monounsaturated	6g
Carbs	13g
Fiber	3g
Sugar	4g
Protein	23g
Cholesterol	84mg
Sodium	689mg
Potassium	639mg
Vitamin A	8029IU
Vitamin C	25mg
Calcium	99mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat the oil in a large pan over medium-high heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the onions and garlic to the turkey and cook for 3 to 5 minutes until the onions soften. Add the Italian seasonings and sea salt and stir to combine. Add the kale and butternut squash to the pan and cook until the kale wilts down then stir in the coconut milk. Season with additional salt if needed.
- 4 Transfer the turkey and vegetable mixture to a baking dish. Cover with a lid or foil and bake for 20 to 25 minutes or until the squash is tender.
- 5 Divide between plates and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- More Flavor:** Add red pepper flakes or other dried herbs like sage or thyme.
- No Butternut Squash:** Use a different variety of squash or sweet potato instead.
- More Protein:** Top with an egg.
- No Turkey:** Use ground chicken or pork instead.