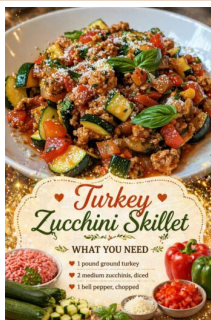


## Ground Turkey Zucchini Skillet: Easy One-Pan Healthy Dinner

### Ground Turkey Zucchini Skillet



**TIME**  
**5 to 8 min**

**PRINT**  
**Recipe Card**

**SAVE**  
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**SOURCE**  
**ChefManiac**

#### INGREDIENTS

Ground turkey  
Zucchini, sliced or diced  
Olive oil  
Garlic  
Onion (optional but recommended)  
Simple herbs and seasonings  
Salt and pepper

#### DIRECTIONS

1. Heat the skillet: Heat olive oil in a large skillet over medium heat.
2. Cook the turkey: Add the ground turkey and cook, breaking it up with a spoon, until browned and fully cooked. Season lightly with salt and pepper.
3. Add aromatics: Stir in garlic and onion if using. Cook for a couple of minutes until fragrant and softened.
4. Add zucchini: Add the zucchini to the skillet along with your chosen herbs and seasonings. Cook for about 5 to 8 minutes, stirring occasionally, until the zucchini is tender but not mushy.
5. Finish and serve: Taste and adjust seasoning as needed. Serve warm straight from the skillet.

#### SWAPS & NOTES

Ground turkey is a great lean protein, but you can also use ground chicken if that's what you have on hand.  
Just be sure to season well since both are mild in flavor.

Zucchini cooks quickly and releases some moisture, so avoid overcooking it if you want to keep a nice texture.  
Slightly tender with a bit of bite is ideal.

#### TIPS FOR SUCCESS

If the skillet is too full, the zucchini will steam instead of sauté, and you'll miss out on that nice texture.  
Cook the turkey first and let it get a little browning.  
That adds flavor and gives the dish a more satisfying base.  
Add the zucchini toward the end so it doesn't overcook.

