

## Turkey

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# Squash and Turkey Skillet

Integrated Marketing Services, Apopka, FL

**Servings: 4**

**Preparation Time: 15 minutes**

**Cook time: 10 minutes**

**2 teaspoons light olive oil**

**1 medium yellow squash, cut into 1/2-inch spears**

**1 medium zucchini, cut into 1/2-inch spears**

**2 large cloves garlic, minced**

**1/4 teaspoon adobo seasoning**

**1/2 pound deli rosemary turkey, sliced 1/2-inch thick**

**1/2 cup walnuts, coarsely chopped**

**cooked couscous**

**mixed field greens (optional)**

**1/4 cup (1 oz) provolone cheese, shredded**

Heat the oil in a large nonstick skillet over medium heat.

Add the squash, zucchini, garlic and adobo seasoning.

Cook, stirring occasionally, for 5 minutes or until the squash and zucchini are tender.

Meanwhile, cut the turkey into bite-size cubes.

Stir the turkey and walnuts into the skillet.

Cook, stirring occasionally, just until heated through.

Spoon over the cooked couscous or field greens, if desired.

Sprinkle with the provolone and serve.

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Per Serving (excluding unknown items): 139 Calories; 11g Fat (67.4% calories from fat); 7g Protein; 5g Carbohydrate; 2g Dietary Fiber; 6mg Cholesterol; 75mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 2 Fat.