

Turkey Picadillo

A fun flavorful dish that is full of veggies and turkey and can be made in a flash.

Makes: 6 servings

Ingredients

- 1 pound ground turkey
- 1 medium onion, chopped
- 5 medium carrots, diced
- 2 medium zucchini?(or other squash)
- 2 medium potatoes, diced
- 1 teaspoon salt
- black pepper to taste
- ½ teaspoon cumin
- 1 ¼ cups low-sodium canned tomatoes
- 1 teaspoon cornstarch



Directions

1. Brown ground turkey in a skillet.
2. Add onions, carrots, zucchini, potatoes, salt, pepper, and cumin. Sauté for about 5 minutes.
3. Add tomatoes?and just enough water to cover. Bring to a boil, then lower heat and simmer, uncovered, until vegetables are tender.
4. Dissolve cornstarch in about 1 tablespoon of cold water, add to mixture, bring back to a boil until gravy thickens. Serve.

Recipe from: California Health Department, Los Angeles County, Es Facil Campaign, adapted by the USDA Food and Nutrition Administration.

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