



# One-pan Turkey Skillet



**Start to finish time:** 35 minutes

**Number of servings:** 8

## Nutrition Facts

**Serving size** ¾ cup

**Amount per serving**  
**Calories** **254**

**% Daily Value\***

<b>Total Fat</b> 8.8g	<b>11 %</b>
Saturated Fat 3.2g	<b>16 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 53mg	<b>18 %</b>
<b>Sodium</b> 340mg	<b>15 %</b>
<b>Total Carbohydrate</b> 26g	<b>9 %</b>
Dietary Fiber 3.2g	<b>11 %</b>
Total Sugars 1.7g	
Includes 0g Added Sugar	<b>0 %</b>
<b>Protein</b> 19g	
Vitamin D 0.3mcg	<b>2 %</b>
Calcium 151mg	<b>12 %</b>
Iron 2.3mg	<b>13 %</b>
Potassium 402mg	<b>9 %</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

## INGREDIENTS:

- 2 cups whole wheat macaroni (cooked and rinsed with cold water)
- 1 small bell pepper (diced)
- 1 small onion (finely chopped)
- 3 cloves garlic (minced)
- 1 pound 93% lean ground turkey
- 1 cup reduced-fat cheddar cheese (shredded)
- 1 (14-ounce) can diced tomatoes, no salt added
- 1 Tablespoon dried thyme leaves
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon salt

## DIRECTIONS:

1. Gather and prepare ingredients.
2. In a large skillet over medium heat, cook the turkey, onion, bell pepper and garlic, crumbling the turkey with a wooden spoon or spatula.
3. Once the meat is no longer pink (about 15 minutes), use a colander to drain off excess fat.
4. Return to the skillet and stir in drained macaroni, tomatoes with juices, thyme, salt and pepper.
5. Sprinkle cheese over top.
6. Cover and cook over medium heat until cheese is melted, 5 to 7 minutes.



## STEP-BY-STEP DIRECTIONS:



### Step 1

Gather and prepare ingredients.



### Step 2

In a large skillet over medium heat, cook the turkey, onion, bell pepper and garlic, crumbling the turkey with a wooden spoon or spatula.



### Step 3

Once the meat is no longer pink (about 15 minutes), use a colander to drain off excess fat.



### Step 4

Return to the skillet and stir in drained macaroni, tomatoes with juices, thyme, salt and pepper.



### Step 5

Sprinkle cheese over top.



### Step 6

Cover and cook over medium heat until cheese is melted, 5 to 7 minutes.

## SUBSTITUTIONS:

- If you use dried ground thyme instead, cut the amount in half (1/2 tablespoon).
- You can add mushrooms, peas, spinach or any other vegetables you have on hand for extra nutrients!

## MSU EXTENSION NOTES:

- If you add a vegetable or chicken stock and an extra can of tomatoes, you can turn this recipe into a soup.
- For a quicker preparation time, cook the noodles ahead of time and store in the refrigerator.
- You can add a teaspoon of garlic powder for extra flavor.

Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned.

Michigan State University occupies the ancestral, traditional and contemporary lands of the Anishinaabeg—Three Fires Confederacy of Ojibwe, Odawa, and Potawatomi peoples. The university resides on land ceded in the 1819 Treaty of Saginaw.

