



Turkey Apple Breakfast Hash

4 servings

35 minutes

Ingredients

454 grams Extra Lean Ground Turkey
 1 tsp Cinnamon
 2 tbsps Poultry Seasoning
 1 tbsp Avocado Oil
 1 cup Red Onion (diced)
 2 Garlic (cloves, minced)
 2 cups Brussels Sprouts (trimmed and halved)
 2 cups Butternut Squash (peeled and cubed)
 2 Apple (cored and diced)
 1/4 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	325
Fat	14g
Carbs	31g
Fiber	7g
Sugar	14g
Protein	24g
Cholesterol	84mg
Sodium	243mg
Vitamin A	7965IU
Vitamin C	60mg
Calcium	122mg
Iron	3mg

Directions

- 1 Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
- 2 In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
- 3 Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians: Use lentils instead of ground turkey.

Leftovers: Store covered in the fridge up to 3 days.