

Turkey and Carrots with Spinach

4 SERVINGS 25 MINUTES



INGREDIENTS

1 lb Extra Lean Ground Turkey
4 Carrot (peeled, chopped)
8 cups Baby Spinach
2 tbsps Avocado Oil (divided)
2 cups Water

NUTRITION

AMOUNT PER SERVING

Calories	271	Iron	3mg
Fat	17g	Vitamin D	16IU
Carbs	8g	Folate	136µg
Fiber	3g	Magnesium	81mg
Protein	24g	Zinc	3mg
Vitamin C	20mg		

DIRECTIONS

- 01 In a medium saucepan, add the water and bring to a boil. Add the carrots and cook for 10 minutes or until soft. Drain and set aside.
- 02 While the carrots cook, heat half of the avocado oil in a pan over medium heat and add the ground turkey. Use a spatula to break it up as it browns. Cook for 8 to 10 minutes, until no pink remains. Once cooked, drain the fat and set aside.
- 03 In the same pan, add in the other half of the avocado oil and the spinach. Sauté the spinach until it has wilted, about 2 to 3 minutes.
- 04 Divide between plates, or into containers if on-the-go. Enjoy!

NOTES

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