

# Italian Turkey Skillet

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**Yield:** 6 Servings      **Author:** Lauren

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PREP TIME: 10 MIN

COOK TIME: 25 MIN

TOTAL TIME: 35 MIN

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*Ground Turkey, Peppers, Onions, Zucchini, and Cauliflower Rice smothered in  
Marinara sauce and topped with Cheese*

## INGREDIENTS:

- 1 lb Turkey
- 1 Yellow Onion (Chopped)
- 1 Yellow Bell Pepper (Chopped)
- 2 medium Zucchini (Sliced)
- 2 cups Marinara Sauce
- 1 cup Mozzarella Cheese
- 10oz Cauliflower Rice (1 bag)
- 2 tsp Worcestershire Sauce
- 1 tbsp Italian Seasoning
- 1/2 tsp Salt
- 1/2 tsp Pepper

## INSTRUCTIONS:

1. In a Large Skillet over medium high heat, begin to brown brown the turkey.
2. Add in the onion and bell pepper and cook until the turkey is almost cooked through and the veggies are softened
3. Add in the zucchini slices and cook for about 5 minutes
4. Pour in the marinara sauce, Italian seasoning, Worcestershire sauce, salt and pepper and stir

5. Add in the cauliflower rice, stir to evenly coat everything in the sauce, and bring the sauce to a boil
6. Reduce the heat to low, cover the skillet, and cook for 10 minutes
7. Sprinkle the cheese on top and cover again until cheese has melted
8. Serve Hot and Enjoy!