



Mini Turkey Veggie Muffins

Ingredients:

- 1 lb. ground turkey breast
- 1 tbsp olive oil
- ½ cup mushrooms, chopped
- 1 cup medium zucchini, chopped
- ½ cup medium green bell pepper, chopped
- ½ cup medium yellow bell pepper, chopped
- ½ cup spinach leaves, chopped
- 1 can diced tomatoes (one 16oz can = 1 cup drained tomatoes)
- 1 tbsp Walden Farms ketchup
- 1/8 tsp dried Italian seasoning
- 1/8 tsp garlic powder
- 1/8 tsp fine sea salt
- 1/8 tsp black pepper
- Green onions, chopped to taste

Directions:

1. Preheat oven to 350° F.
2. Mix all ingredients into a large bowl, fully incorporating.
3. Stuff meat mixture into muffin tin.
4. Bake in the oven for 20 minutes
5. Topped with green onions, to taste.
6. Enjoy!

Servings: makes 4 servings.

Each serving = 4 oz. lean protein, ¾ cup select vegetables, ¼ cup occasional vegetables, ¼ extra.

716-320-1515
DietMentor.com
info@dietmentor.com