



# Zucchini and Turkey Pesto

*Serves: 4 people    Total Cook Time: 40 minutes*



## Ingredients

## Instructions

- 2 cups Brown Rice
- 1lb Ground Turkey - seasoned with a dash of salt & pepper
- 1/2 Medium Yellow Onion, finely chopped/diced
- 1 Garlic Clove, minced
- 1/2 lb Roma Tomatoes, cut into bite sized pieces
- 2 Medium Zucchini, cut into thin slices
- 1/2 cup Pesto
- 1 tbsp of Cooking Oil
- 2 tbsp Parmesan Cheese, grated (optional)

1. In a medium sized pot, cook the brown rice to instruction. Keep warm on the stove until ready to serve. Fluff right before serving.
2. In a large skillet, cook the onion and garlic with 1tbsp of cooking oil until onions are slightly translucent - about 3 minutes.
3. Add the seasoned ground turkey and cook thoroughly - about 5-7 minutes
4. Add the zucchini. Cook for another 3-4 minutes, stirring occasionally.
5. Turn off heat, add tomatoes and pesto, then stir to combine well. Portion the rice and pesto mixture into 4 bowls or plates (\*if you have parmesan cheese, add it during this step\*), enjoy!