



Northeast Georgia Medical Center
BARIATRIC WEIGHT LOSS CENTER



Grilled Zucchini with Taco Seasoned Ground Turkey

Serving size: 3oz turkey over 2 slices zucchini
Serves: 4

Ingredients:

- 1 lb ground turkey
- 1 pack mild taco seasoning (~4 Tbsp)
- 2/3 cup water
- ½ Tbsp olive oil
- 2 zucchini
- 3 Tbsp pico de gallo
- 2 Tbsp reduced fat shredded cheese

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Steps:

1. Heat a medium size skillet over medium-high heat.
2. Cook the ground turkey for 2 minutes. Add the taco seasoning along with 2/3 cup of water and mix well. Bring to boil then simmer until ground turkey is fully cooked, then set aside.
3. Preheat grill to 350-375 degrees.
4. Slice zucchini lengthwise into ¼" thick slices. Brush sides of zucchini with olive oil and sprinkle with salt to taste.
5. Sear zucchini for 5 minutes on each side on grill.
6. Plate 1-2 slices of zucchini and then add ground turkey on top. Add pico de gallo and cheese.

Nutrition Facts (per serving):

Calories: 383g Protein: 31g Fat: 20g Saturated Fat: 13g Carbohydrates: 14g
Sugars: 9g Sodium: 441mg

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