

Providing compassionate care and hope to people facing cancer

Turkey Skillet with Zucchini, Corn, Black Beans and Tomato: Fall 2025 BW 4

Ingredients

2 medium or 1 large zucchini, quartered and sliced 3/4 inch
1 pound 93% lean ground turkey
1 cup chopped onion (1 medium onion)
1 tablespoon tomato paste
1 15 oz can black beans, rinsed and drained
1 cup corn kernels, fresh or frozen (or 2 corn on the cob)
1 large diced tomato
1 jalapeño, diced
1 clove garlic, minced
2 tbsp chopped cilantro, plus more for garnish (1 bunch)
1 large avocado, ripe & sliced
2 teaspoons cumin
1/4 cup water
1 cup grated Cheddar cheese
lime wedges, optional

Instructions

1. Add olive oil to a large skillet over high heat and brown the turkey, season with cumin.
2. Cook breaking the meat up until the turkey is cooked through, about 5 minutes.
3. Push the meat to the side, add the onion & zucchini and tomato paste and cook 1 minute.
4. Add the black beans, corn, tomato, jalapeño pepper, garlic, cilantro and stir with 1/4 cup water.
5. Mix and cover, cook low 4 to 5 minutes.
6. Top with cheddar cheese and cover for 5 minutes to melt.
7. Serve with lime & avocado wedges and more cilantro if desired.

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Nutrition Tip

This one-skillet dish is a simple and satisfying way to pack in lean protein and colorful veggies. Ground turkey provides a lighter protein option, while black beans add fiber and plant-based nutrients. Zucchini, corn, and tomatoes bring freshness, antioxidants, and a pop of flavor. Top with avocado for a boost of heart-healthy fats and even more fiber, perfect for a nourishing weeknight dinner or easy meal prep.