

# Summer Squash Turkey Skillet

*One pan summer squash and turkey skillet with tomatoes and pesto is a delicious 30 minute recipe that will become a favorite. Minimum ingredients and effort with maximum flavor.*



**Prep Time: 10 minutes**

**Cook time: 30 minutes**

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## INGREDIENTS

**Yield: 4-6 servings**

- 1 pound extra lean ground turkey or chicken
- 1-3 tablespoons olive oil
- 1 red onion, diced
- 2-4 small to medium-sized zucchini and yellow squash, cut into thin slices
- 1 pint grape tomatoes, cut in half
- 3/4 cup pesto
- Sea salt and pepper to taste
- 2 tablespoons grated parmesan cheese

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## PREPARATION

- Preheat medium-sized skillet over medium to high heat. Add 1 tablespoon of olive oil.
- Add diced onion and sauté for 3-4 minutes until soft and translucent.
- Add ground turkey and cook for 5-7 minutes, constantly, breaking into pieces and cook until completely brown with no pink color to meat. Remove ground turkey from the pan and set aside covered with tin foil.
- Add 1 tablespoon of olive oil to pan and add zucchini and yellow squash.
- Sauté 3-4 minutes until soft. Add tomatoes and sauté for another 2-3 minutes.
- Add turkey back to skillet. Toss with pesto
- Garnish with parmesan cheese and serve on its own or over greens or brown rice.

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