

# Turkey Vegetable Hash



Servings:

**4 servings**

Prep Time:

**10 minutes**

Cook Time:

**25 minutes**

## Ingredients

- 2 tbsp **Avocado Oil**
- 1 **Yellow Onion**, diced
- 3 **Garlic Cloves**, minced
- 1 lb **Ground Turkey**
- ½ tsp **Dried Thyme**
- ¼ tsp **Red Pepper Flakes**
- ¼ tsp **Dried Oregano**
- 1 **Zucchini** , diced
- 1 **Yellow Squash**, diced
- 1 **Red Bell Pepper**, diced
- 2 cups **Spinach**
- 4 **Eggs**
- 1 pinch **Salt & Pepper**

## Method of Preparation

### Step 1

Heat 1 tbsp oil in a skillet over medium high heat.

Add diced onion and saute until soft.

### Step 2

Add garlic and saute until fragrant.

### Step 3

Add ground turkey, thyme, oregano, red pepper flakes and salt/pepper.

### Step 4

Saute, breaking up the meat. Cook until no longer pink.

### Step 5

Push the turkey and onion mixture to the edge of the pan. Add 1 tsp oil to the center of the pan.

### Step 6

Add the zucchini and yellow squash. Cook until tender.

### Step 7

Add the red pepper and spinach, stir to combine.

### Step 8

Continue to saute, stirring frequently until the peppers begin to cook down.

Salt and pepper if needed for taste. Remove mixture from pan.

**Step 9**

Wipe the pan clean. Heat the remaining oil in the pan.

Crack each egg and cook until the whites of the eggs are set.

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