

Ground Turkey Enchilada Stir-Fry with Couscous



Recipe courtesy of Min Kwon, M.S., R.D.

An enchilada, by definition, is a corn tortilla filled with various ingredients and drenched in cheese and sauce. This recipe doesn't involve any rolling of tortillas, nor does it require copious amounts of cheese. However, every bite will remind you of the flavors of this popular comfort food.

Level: Easy

Total: 40 min

Prep: 10 min

Inactive: 5 min

Cook: 25 min

Yield: 4 servings

Ingredients:

- 1/2 cup whole wheat couscous
- 1 pound lean ground turkey
- Salt and freshly ground black pepper
- 1 teaspoon olive oil
- 2 cups butternut squash, peeled, seeded and diced
- 1 cup broccoli florets
- One 15-ounce can no-sodium-added black beans
- One 10-ounce can enchilada sauce
- 1/2 cup salsa
- Suggested toppings: chopped fresh cilantro, diced avocado, shredded cheese, lime juice

Directions:

1 Pour 1/2 cup of water into a small saucepan and bring to a boil over high heat. Pour the couscous into the saucepan and stir well. Turn off the heat, cover and let stand 5 minutes. Fluff with a fork and set aside.

2 Meanwhile, in a large skillet or wok, cook the ground turkey over medium heat, breaking it up with a wooden spoon, until cooked through and browned, about 5 minutes. Sprinkle with some salt and pepper. Transfer to a bowl and set aside. Drain the excess fat and wipe the pan clean. Heat the oil in the same pan over high heat, then add the squash and cook, stirring occasionally, until browned and softened, 8 to 10 minutes. Add the broccoli and cook, 3 to 5 minutes more. Add the turkey, beans, enchilada sauce and salsa and stir until all the ingredients are well combined.

3 Serve with the couscous and top with suggested toppings as desired.



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