

# Turkey Apple Breakfast Hash

10 ingredients · 35 minutes · 4 servings



## Directions

1. Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

## Notes

### Vegan & Vegetarians

Use lentils instead of ground turkey.

### Leftovers

Store covered in the fridge up to 3 days.

## Ingredients

1 lb	Extra Lean Ground Turkey
1 tsp	Cinnamon
2 tbsps	Poultry Seasoning
1 tbsps	Avocado Oil
1 cup	Red Onion (diced)
2	Garlic (cloves, minced)
2 cups	Brussels Sprouts (trimmed and halved)
2 cups	Butternut Squash (peeled and cubed)
2	Apple (cored and diced)
1/4 tsp	Sea Salt (to taste)

## Nutrition

<b>Calories</b>	326	<b>Cholesterol</b>	84mg
<b>Fat</b>	14g	<b>Sodium</b>	243mg
<b>Carbs</b>	31g	<b>Vitamin A</b>	7966IU
<b>Fiber</b>	7g	<b>Vitamin C</b>	60mg
<b>Sugar</b>	14g	<b>Calcium</b>	122mg
<b>Protein</b>	24g	<b>Iron</b>	3mg