

One Pan Taco Skillet (Rushing to the Kitchen)

160g (3.5oz) white onion, diced
16 oz. 93/7 lean ground turkey (can sub meat)
2 cloves garlic, minced
½ T. chili powder
½ T. paprika
½ T. cumin
1 t. salt
2 c. fresh baby spinach
2 c. white rice, cooked
1 c. frozen whole kernel corn
65g cherry tomatoes, sliced
56g cheddar cheese
Cilantro
Lime

1. Spray a large pan over medium high heat with olive oil spray. Add the diced onion and salt. Cook until the onion is translucent.
2. Add the ground turkey to the pan and cook 6-7 minutes.
3. Stir in the spices, spinach, frozen corn, and cooked rice. Cook an additional 5 minutes.
4. Add the tomatoes and cheese on top. Cover the pan so the cheese melts.
5. Top with fresh cilantro. Squeeze lime juice on top.