

Easy Garden Skillet



A quick and easy one skillet dinner that can be for the meat eaters, vegetarians or vegans.

Ingredients

- 6 Turkey meatballs, cooked and chopped *optional
- 1 small to medium Zucchini, chopped
- 3/4 cup sugar sweet or sunshine tomatoes
- 3/4 cup grape or cherry tomatoes
- 1 heirloom tomato, chopped
- 1/3 cup Marinara sauce
- 3/4 cup mozzarella cheese
- olive oil and salt and pepper
- *basil, chopped, optional

Instructions

1. Drizzle a little olive oil in a skillet and heat to medium heat. Add the zucchini and sprinkle with salt and pepper. Saute for one minute and add the meatballs, tomatoes and sauce. Cook until the tomatoes are big and bursting, zucchini is tender and everything is hot. Sprinkle with cheese and add the lid to help melt the cheese, about 1 to 2 minutes.
2. Serve with fresh basil and more salt and pepper if needed.

Notes

Use any vegetables that you'd like as well as dairy or vegan cheese!

Nutrient Content per Serving

Protein, g	17.4
Fat, g	11.4
Carbohydrate, g	7.0
Fibre, g	1.3
Energy, kcals	195.3