Savory Ground Turkey Zucchini Stir Fry

A quick low-carb stir fry featuring lean ground turkey and fresh zucchini, seasoned with low-sodium soy sauce for a healthy, protein-packed meal.

Servings: 2 **Time:** 20 minutes

Ingredients

- 10 oz ground turkey
- 2 medium zucchinis, sliced into half-moons
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon grated fresh ginger (optional)
- 1 green onion, sliced thin
- 1/4 teaspoon red pepper flakes (optional)

Instructions

1. Heat olive oil in a large skillet over medium-high heat.
2. Add garlic and ginger; sauté for 30 seconds until fragrant.
3. Add ground turkey, breaking it apart with a spatula, cook until no longer pink, about 5-6 minutes.
4. Add sliced zucchini and cook for another 4-5 minutes until tender but still crisp.
5. Pour in low-sodium soy sauce, black pepper, and red pepper flakes; stir well to combine.
6. Cook for an additional 2 minutes to let flavors meld.
7. Remove from heat and garnish with sliced green onion before serving.

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