

# GROUND TURKEY ENCHILADA STIR-FRY WITH COUSCOUS

Preparation: **10** mins. | Cooking: **25** mins. | Servings: **4**

## INGREDIENTS

*1 lb. lean ground turkey*  
*2 cups butternut squash, peeled, shredded and diced*  
*1 cup broccoli florets*  
*1/2 cup whole wheat couscous*  
*1/2 cup salsa*  
*1 (15 oz.) can sodium-free black beans*  
*1 (10 oz.) can enchilada sauce*  
*1 tsp. olive oil*  
*Salt and freshly ground black pepper to taste*  
*Suggested toppings: fresh cilantro (chopped), diced avocado, shredded cheese, lime juice*



## INSTRUCTIONS

Pour 1/2 cup 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. 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 and then add the squash. Cook, stirring occasionally, until browned and softened, 8-10 minutes. Add the broccoli and cook 3-5 minutes more. Add the turkey, beans, enchilada sauce and salsa, and stir until all the ingredients are well combined. Serve with the couscous, and top with suggested toppings as desired.