

GROUND TURKEY ENCHILADA STIR-FRY WITH COUSCOUS

Preparation: **10** minutes | Cooking: **25** minutes | Servings: **4**

INGREDIENTS

1 pound of lean ground turkey
1 (15-ounce) can no sodium added black beans
1 (10-ounce) can enchilada sauce
2 cups butternut squash, peeled, seeded and diced
1 cup broccoli florets
1/2 cup whole wheat couscous
1/2 cup salsa
1 teaspoon olive oil

Salt and pepper to taste
Suggested toppings:
chopped fresh cilantro,
diced avocado, shredded cheese, lime juice



INSTRUCTIONS

Pour 1/2 cup of water into small saucepan, and bring to a boil over high heat. Pour the couscous into the saucepan; stir well. Turn off the heat, cover and let stand for 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; add the squash, and 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.