

# One Pot Chicken and Vegetable Meal

What's great about one dish meals? Easy to put together with less clean up!

For a change, you can try other vegetables, opting for in-season produce whenever available.

## Ingredients

- 1 tablespoon avocado oil
- 1 medium-sized onion, diced
- 2 large garlic cloves, minced
- ½ jalapeño, minced
- 1 package ground turkey or chicken (93%)
- 2 12-oz bags frozen butternut squash
- 1 to 2 cups vegetable or chicken broth
- 2 zucchinis, shredded
- 5 oz fresh spinach
- ½ cup cheddar cheese
- Salt/pepper to taste
- ¼ cup chopped cilantro or parsley, optional to garnish

## Instructions

1. In a large pot, heat the avocado oil over medium heat. Add the onion and cook until translucent. Add in the garlic and jalapeño and continue to sauté for 1 to 2 minutes.
2. Next, add in the ground turkey (or chicken), butternut squash and broth (start with 1 cup broth and add more as needed). Cook over low heat until the meat is cooked through, and the squash is fork-tender. Then add in the shredded zucchini, spinach and cheddar cheese. Continue to cook for several more minutes until the zucchini is fork-tender and the spinach is wilted. Garnish with cilantro or parsley as desired.
3. Add salt and pepper to desired taste.

*Makes 4 servings*

