



Spin Your Own Axis

Quinoa Ground Turkey Fajita

This dish is a great one for meal-prepping with great nutritional value added in one dish. What else could we ask for? You will need nothing more than a fork to dig into this delicious combination of quinoa, ground turkey, and colorful bell peppers. Yummy!



- **Prep Time:** 15 minutes
- **Cook Time:** 25 minutes
- **Total Time:** 45 minutes
- **Serving:** 5

Ingredients

- 4 oz. Ground Turkey 93% Lean (Total of 20 oz. for 5 servings)
- 2 tablespoons olive oil
- 2 teaspoons Garlic powder
- 2 teaspoons Lemon Garlic powder
- 2 teaspoons Lime Chile Powder
- 1/4 teaspoon pepper
- 1 Lime
- 4 colorful bell peppers
- 42 g Quinoa (Total of 210g for 5 servings)

Instructions

1. Marinate ground turkey with garlic, lime chile, lemon garlic and black pepper powder and lime.
2. Prepare and weigh the Quinoa, then rinse.
3. Preheat pan, add 2 tbsp. of olive oil with a 2 teaspoon of lemon garlic powder, then add Quinoa and mix well to absorb the lemon garlic before adding water.
4. Add water. A trick to adding water is always double in grams or ounces (depending on which weigh conversion you used initially) For example, 210g of Quinoa will need 420g of water. Let it cook in high until boiling, and then reduce to low for remainder of cooking time.
5. Preheat pan for ground turkey, add 2 tbsp. of olive oil, add ground turkey once pan is hot enough; then lower heat to medium for the remainder of time until fully cooked.
6. Once the ground turkey is cooked, use same pan to cook bell peppers. Add 1 tbsp of olive oil, lemon garlic pepper, and black pepper. Cook in medium for remainder of time, cook at your preference; whether you like your bell pepper softer, I'll leave that up to you!
7. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat!

Nutrition Facts

- **Serving Size:** 1/5
- **Calories:** 334
- **Carbohydrates:** 33g
- **Sodium:** 81mg
- **Fat:** 10g
- **Sugar:** 4
- **Protein:** 28g
- **Iron:** 3%
- **Fiber:** 3g