

# Turkey, Spinach & Pineapple Bowl

5 ingredients · 25 minutes · 4 servings



## Directions

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1. Heat a large skillet over medium-high heat. Add the turkey and break it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
2. Divide the spinach evenly between bowls. Top with the turkey, pineapple and avocado. Garnish with fresh dill, if using, and enjoy!

## Notes

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### Leftovers

Refrigerate everything in separate airtight containers for up to three days.

### More Flavor

Add your favorite salad dressing, oil & vinegar or lemon, or feta cheese.

### Make it Vegan

Use black beans or lentils instead of ground turkey.

## Ingredients

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**605 grams** Extra Lean Ground Turkey

**80 grams** Baby Spinach

**220 grams** Pineapple (diced)

**1 1/3** Avocado (diced)

**742 milligrams** Fresh Dill (optional, chopped)