Turkey N’ Squash Dinner

1 pound ground turkey
4 to 5 yellow squash, sliced
1 green pepper, chopped
1 can (16 oz) stewed tomatoes
1/2 teaspoon ground pepper

Directions:
In medium skillet, brown ground turkey, drain off grease and rinse turkey in colander. Return turkey to the skillet. Stir in squash, green pepper, and tomatoes. Add ground pepper (if desired). Cook over low heat for 30 to 40 minutes. Serve hot.
## Nutrition Facts

Servings Per Recipe: 6  
Amount Per Serving: 1 cup  
Calories 180  
Total Fat 8g  
*Vitamin A 10%  
*Calcium 8%  
* Percentage Daily Values  
39% of total calories from fat  
Sodium 228mg  
*Vitamin C 49%  
*Iron 15%