

# Turkey Apple Breakfast Hash

Susan Alsembach

This truly is one of my favourite fall recipes as it is so versatile, you can use it for breakfast, lunch or dinner! So doubling in this case really makes sense.

I hope that you enjoy it,

Susan

# Turkey Apple Breakfast Hash

10 ingredients · 35 minutes · 4 servings



## Directions

1. Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

## Notes

### Vegan & Vegetarians

Use lentils instead of ground turkey.

### Leftovers

Store covered in the fridge up to 3 days.

## Ingredients

- 454 grams** Extra Lean Ground Turkey
- 3 grams** Cinnamon
- 9 grams** Poultry Seasoning
- 15 milliliters** Avocado Oil
- 160 grams** Red Onion (diced)
- 2** Garlic (cloves, minced)
- 176 grams** Brussels Sprouts (trimmed and halved)
- 280 grams** Butternut Squash (peeled and cubed)
- 2** Apple (cored and diced)
- 2 grams** Sea Salt (to taste)