



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities®**
Central Ohio

Supported by

JPMorganChase

Ground Turkey Fajita Bowls

This ground turkey rice bowl is a satisfying meal that's perfect for busy weeknights. Lean ground turkey is cooked with savory seasonings like chili powder, cumin and oregano before being tossed with pico de gallo. The mixture pairs well with brown rice and sautéed onions and peppers to create a hearty dinner.

Servings: 4 | Serving size: about 1¾ cups



NUTRITION NOTES

- Protein-packed, **lean ground turkey** provides a hearty base that makes this dish filling and satisfying.
- Naturally sweet and vibrant, **red bell peppers** add fresh flavor, color, and a satisfying crunch.
- Bold and savory, **chili powder** brings warmth and a subtle smoky depth to every bite.
- Creamy and refreshing, **avocado** balances the spices while adding rich texture and heart-healthy fats.

Ground Turkey Fajita Bowls

Printing
Courtesy of:



INGREDIENTS

- 1½ tablespoons extra-virgin olive oil, divided
- 1 large white onion, sliced
- 2 medium red bell peppers, sliced
- 1 cup corn kernels
- 1½ teaspoons chili powder, divided
- 1½ teaspoons dried oregano, divided
- ¾ teaspoon salt, divided
- 1 pound lean ground turkey
- 1 cup pico de gallo
- ½ cup water
- 1½ teaspoons garlic powder
- 1 teaspoon ground cumin
- ½ cup reduced-fat sour cream
- 2 tablespoons chopped fresh cilantro, plus more for garnish
- 1 tablespoon lime juice
- 2 cups hot cooked brown rice
- 1 large avocado, quartered
- 1 small jalapeño pepper, thinly sliced

INSTRUCTIONS

1. Heat 1½ teaspoons oil in a large skillet over medium heat. Add sliced onion; cook, stirring occasionally, until translucent, about 3 minutes. Add sliced bell peppers and 1 cup corn; cook, stirring occasionally, about 5 minutes. Stir in ½ teaspoon each chili powder and oregano and ¼ teaspoon salt; cook, stirring constantly, until the spices are fragrant, about 30 seconds. Transfer to a large plate.
2. Heat the remaining 1 tablespoon oil in the skillet over medium heat. Add 1 pound ground turkey; cook, stirring often, until no longer pink. Stir in 1 cup pico de gallo, ½ cup water, 1½ teaspoons garlic powder, 1 teaspoon cumin and the remaining 1 teaspoon each chili powder and oregano and ½ teaspoon salt. Continue to cook, stirring occasionally, until the liquid is nearly absorbed, 6 to 8 minutes. Remove from heat.
3. In a small bowl, whisk ½ cup sour cream, 2 tablespoons cilantro and 1 tablespoon lime juice together until combined.
4. Divide 2 cups rice among 4 bowls; top evenly with turkey mixture, bell pepper mixture, quartered avocado and sliced jalapeños. Dollop each bowl with 2 tablespoons sour cream mixture. Garnish with cilantro, if desired.

No Added Sugar | Gut Healthy | Mediterranean Diet-Inspired | Soy-Free | Egg-Free | Gluten-Free | High-Fiber

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 4 | Calories: 570

Total Carbohydrate: 62g

Dietary Fiber: 10g

Total Sugars: 15g

Added Sugars: 0g

Protein: 46g

Total Fat: 18g

Saturated Fat: 5g

Cholesterol: 91mg

**Nutrition information provided directly by eatingwell and reflects values listed at the time of publication. Recipe sourced from: [eatingwell.com](https://www.eatingwell.com)*