

Mediterranean Ground Turkey, Chickpea & Veggie Bowl with Tzatziki

Ingredients

Protein & Base

- 1 lb **lean ground turkey (93% or higher)**
- 1 can (15 oz) **chickpeas**, drained, rinsed, and patted dry
- 1 tbsp **olive oil** (for roasting chickpeas)

Veggies

- 1 small **zucchini**, sliced into half-moons
- 1 **red bell pepper**, sliced
- 1 small **red onion**, sliced
- 1 cup **broccoli florets**
- 1 cup **cherry tomatoes**, halved

Seasoning Mix (for veggies + chickpeas)

- 2 tbsp **olive oil**
- Juice of 1 **lemon**
- 2 cloves **garlic**, minced (or ½ tsp garlic powder)
- 1 tsp **smoked paprika**
- ½ tsp **cumin**
- ½ tsp **oregano**
- Salt and pepper to taste

Sauce & Toppings

- 3–4 tbsp **Trader Joe's Tzatziki Creamy Garlic Cucumber Dip**
- Optional: **crumbled feta**
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Instructions

1. Preheat oven to 425°F (220°C). Line a large sheet pan with parchment paper.
2. Toss chickpeas in 1 tbsp olive oil, salt, pepper, and a pinch of paprika. Spread on the sheet pan. Toss zucchini, bell pepper, onion, broccoli, and cherry tomatoes in the seasoning mix.
3. Roast for another ~20-30 minutes, stirring once halfway through.
4. While the veggies roast, heat a skillet over medium-high heat. Add ground turkey and season with a little salt, pepper, and ½ tsp each of paprika and oregano. Optional: add in while cooking. Cook until browned and no longer pink (**about 6–8 minutes**), breaking it apart as it cooks.
5. When the veggies and chickpeas are done, toss them with the cooked turkey and fold in fresh spinach so it wilts slightly.
6. the mixture into bowls, drizzle with **Trader Joe's Tzatziki**, and top with feta, herbs, or seeds if desired.
7. Add a squeeze of fresh lemon for brightness.

