



## Pan Seared Turkey with Pumpkin Collards Medley

## Ingredients

- 1 turkey breast or loin
- 1 pound of collard greens
- 1 small pumpkin
- 3 cloves of garlic
- 1 yellow onion
- Onion powder
- Garlic powder
- Cumin
- Chili Powder
- Salt and Pepper

## Instructions

Drizzle olive oil and season the turkey with onion powder, garlic powder, cumin, chili powder, salt and pepper until it is completely covered.

Set aside and let that marinate.

Clean and sauté collard greens, set aside

Clean the pumpkin and cut into large dice. Sauté and add to the collard greens on the side Julienne the yellow onion and sauté until translucent.

Add collards and pumpkin back to the pan and mix thoroughly.

Sear the turkey until all sides are golden brown and add to a preheated oven at 350. About 15 mins.

Once the internal temp reaches 165, slice and serve with the vegetable medley!