Healthy One-Pan Skillet Meals

When you want a healthy meal that also combines some of your favorite comfort foods, you can do it simply with just a single skillet. Whether you use a regular pan or your trusty cast iron skillet, the following meals are easy, healthy, and very delicious.

**Sausage and Veggie Skillet**

This first skillet meal is going to combine sausage and veggies. It turns an ordinary skillet meal into one that is a lot healthier by using as many veggies as you can. With sausage, the best vegetables are usually bell peppers, tomatoes, onions, zucchini, and other squash. If you are not on a low-carb diet, you can also add in some potatoes, either white or sweet potatoes. Mushrooms, green beans, and asparagus are some other options. Choose your preferred sausage and slice it up, then add to your skillet with some olive oil, veggies, and seasonings.

**Sweet Potato and Turkey Skillet**

Another skillet you can make also involves meat and veggies, but this is a little leaner since you are going to use ground turkey. If your family really likes beef, try a 50/50 turkey and beef mixture. They probably won’t realize half is turkey, and it makes you feel better knowing it is a bit healthier. Sweet potatoes are really nutritious, much more so than white potatoes, so they are a great option. Bell peppers and onions taste great with sweet potatoes, though you can incorporate other veggies you have at home.

**Spinach Cheese Quinoa Skillet**

This one-pan skillet meal is easy to put together and lets you get lots of protein and other nutrients from the quinoa, spinach, prosciutto, and other veggies. You can easily use a jar of canned marinara sauce or pasta sauce, just go ahead and choose any that you like to use. Add the prosciutto, spinach, and cooked quinoa, along with mozzarella cheese, onions, and peppers.

**Tortellini Skillet**

Your family might want Italian pasta for their comfort food, which you can make more healthy with this Tuscan tortellini pasta skillet. It uses a package of cheese-stuffed tortellini, along with pasta sauce, tomatoes, spinach, salt and pepper, onion, garlic, and olive oil. If you have them on hand, you can dice up some bell peppers and throw them in as well. To avoid drying it out, add some chicken broth as well, then add parmesan cheese on top when it’s ready to serve.