20-MINUTE
SOUTHWEST GROUND TURKEY AND SWEET POTATO SKILLET

DIRECTIONS

1. In a large, 10-inch skillet, heat 1 Tbsp. olive oil over medium heat. Add the turkey, sprinkle with 1/2 tsp. salt, and stir to break into small pieces.

2. Cook, stir turkey occasionally, until the turkey is browned and cooked through, about 8 minutes. Remove from the pan and set aside.

3. In the same pan, heat 2 Tbsp. olive oil over medium heat. Add the sweet potatoes, sprinkle with the chili powder, garlic powder, cumin and 1/2 tsp. salt, stir to combine. Add the diced tomatoes and water, stir to scrape any browned bits from the bottom of the pan.

4. Cover, reduce to a simmer, and cook until the sweet potatoes are tender, about 10-15 minutes, stir occasionally. Add a splash of water if the pan starts to dry out.

5. Uncover, and add the cooked turkey and spinach, cook until the turkey is warmed through and the spinach is wilted, about 1 minute, add a splash more water if the pan is dry.

6. Add the lime juice, stir to combine. Taste and add additional salt if desired. Serve as is, or with any topping you like.

INGREDIENTS

- 3 Tbsp. olive oil, divided
- 1 lb. ground turkey
- 1 tsp. kosher salt, divided
- 4 cups (1-inch) chopped sweet potato
- 1 (15-oz) can low sodium diced tomatoes
- 1/4 tsp. mild chili powder
- 1/2 tsp. garlic powder
- 1/2 tsp. ground cumin
- 1/4 cup water
- 1 cup packed baby spinach
- Juice of 1 lime
- Optional toppings: sliced avocado, fresh cilantro, hot sauce

CALORIES | FAT | SODIUM | CARBOHYDRATE | DIETARY FIBER | PROTEIN
---|---|---|---|---|---
525 | 20G | 435MG | 60G | 10G | 28G

YIELD 4 SERVINGS