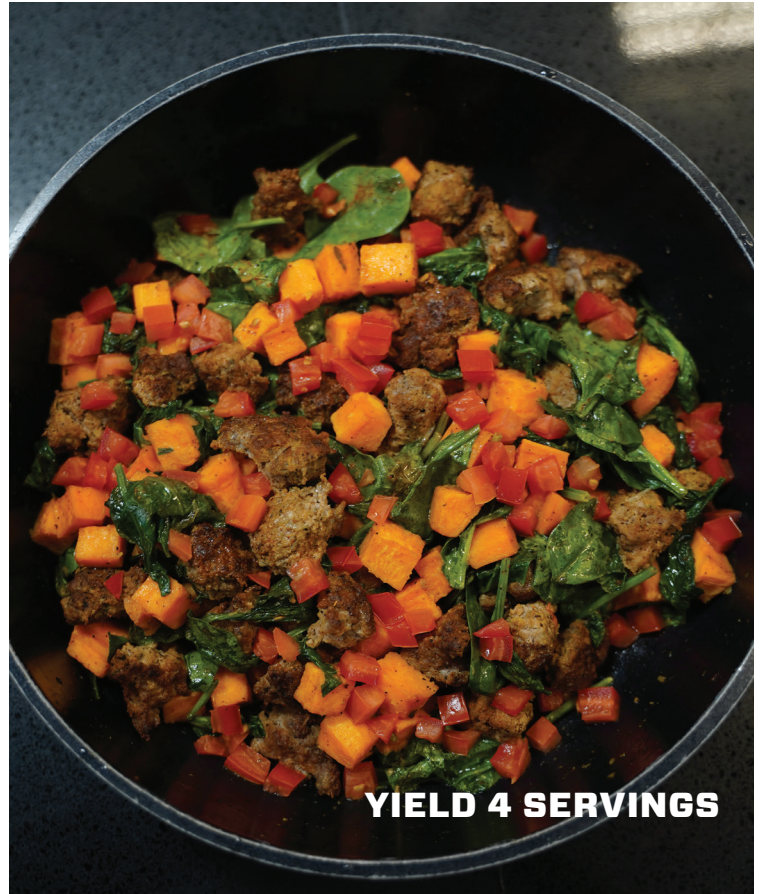


**20-MINUTE**  
**SOUTHWEST**  
**GROUND TURKEY**  
**AND SWEET**  
**POTATO SKILLET**

**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.



**YIELD 4 SERVINGS**

**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

<b>CALORIES</b>	<b>FAT</b>	<b>SODIUM</b>	<b>CARBOHYDRATE</b>	<b>DIETARY FIBER</b>	<b>PROTEIN</b>
525	20G	435MG	60G	10G	28G