

# Ground Turkey Sweet Potato Skillet

## Ingredients:

- 3 small or 2 large sweet potatoes, peeled and diced (about 3 cups)
- 1 pound ground turkey
- 1 yellow bell pepper
- 1 cup onion, diced
- 1/2 cup mozzarella, shredded
- 1/2 cup water
- 1/4 cup cilantro, chopped
- 2 tablespoons olive oil
- 1 1/2 tablespoons ground cumin
- 1 tablespoon garlic, minced
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

## Directions

1. In a large cast-iron skillet, heat olive oil over medium-high heat.
2. Add garlic and cook for 1 minute
3. Add ground turkey. Use a wooden spoon to break apart meat and continue cooking approximately 8 minutes until browned.
4. Add cumin, chili powder, salt, and pepper. Stir well to incorporate.
5. Add onion and bell pepper; cook for 3-4 minutes.
6. Add diced sweet potato and water. Stir and cover with a lid for approximately 6-8 minutes until the sweet potatoes soften.
7. Add additional water, if needed, to keep the meat from drying out.
8. Remove lid and add additional salt and pepper; if needed.
9. Top with shredded mozzarella and allow it to melt.
10. Remove skillet from heat and garnish with fresh cilantro before serving.

<b>Nutrition Facts</b>	
Serving Size (318g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 370</b>	Calories from Fat 160
% Daily Value*	
<b>Total Fat 18g</b>	<b>28%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 75mg</b>	<b>25%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 6g	
Protein 27g	
Vitamin A 230%	• Vitamin C 160%
Calcium 10%	• Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

