

SKILLET TURKEY & POTATOES



INGREDIENTS:

- 1 lb 93/7 ground turkey
- 12 oz raw sweet potatoes
- 2 tsp paprika
- 2 tsp salt
- 1/2 cup water
- 1 oz blue cheese
- Optional: parsley for garnish
- Iron Skillet: recommended for enhanced taste

DIRECTIONS:

1. Spray the iron skillet with avocado oil
 2. Heat the skillet on medium-high heat
 3. While the skillet heats, season the ground turkey with paprika and salt. Also cut the sweet potatoes into 1/2 inch cubes and set aside
 4. Once skillet is hot, add the turkey. As the turkey cooks break apart the pieces and mix as needed until fully cooked.
 5. Add the sweet potatoes to the pan and slowly add the room temperature water.
 6. Cover and cook until potatoes are soft, ~10-15 minutes
 7. Top with blue cheese crumbles and garnish with parsley
- Enjoy!

Makes 4 Servings | 1 Serving = 6 oz
Calories: 271 | Protein: 24 g | Carb: 18 g | Fat: 12 g | Fiber: 3 g