



Ground Turkey Sweet Potato Skillet

6 servings

Ingredients:

- 1-pound lean ground beef or ground turkey or 2 cups cooked lentils
- 2 tablespoons extra virgin olive oil
- 1 teaspoon garlic clove
- 1 onion, diced
- 2 sweet potatoes washed and diced with the skin on
- 1 red, yellow or orange pepper, diced
- Ground black pepper (season to taste)
- A pinch of red chili flakes (optional)
- 2 cups shredded mozzarella cheese

Instructions:

1. Set the skillet to medium heat. Add the olive oil, diced onions and diced sweet potatoes to skillet and stir for 5 minutes. You may add water to the skillet in $\frac{1}{2}$ cup increments if the skillet gets dry while cooking potatoes.
2. Add the ground meat to skillet and break into small pieces, add the peppers and seasonings.
3. When the potatoes are tender and the meat is cooked, turn down the heat to low and add the mozzarella cheese to the top until melted then serve.

Calories: 306

Protein: 31 grams

Carbohydrate: 20 grams

Fiber: 3 grams