



SWEET POTATO & TURKEY SKILLET

MATERIALS:

Sharp knife
Cutting Board
Measuring cups & spoons
Large saucepan with lid
Fork

INGREDIENTS:

1 tablespoon oil
1 medium onion, minced
1 teaspoon cumin
1 pound lean ground turkey
2 medium sweet potatoes, diced in small cubes
½ teaspoon italian seasoning
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup shredded cheese

Serves: 6

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DIRECTIONS:

1. Heat oil over medium-low heat, in a large saucepan. Add the onion and cook until tender, about 4 minutes. Add the turkey, breaking up with a fork, and cook until no longer pink. Drain off any fat.
2. Add the sweet potatoes, cumin, italian seasoning, salt and pepper. Stir and cook until potatoes are tender but not falling apart, approximately 5 - 10 minutes.
3. When the sweet potatoes are tender, sprinkle the cheese on top, cover then turn off the heat.
4. Wait until the cheese melts before serving.

Chef's Notes:

- Leftover cooked chicken or turkey could be substituted for ground turkey.
- Add canned tomatoes, beans and/or rice to transform this dish into a heartier stew.