



Comfort
Keepers®

Elevating the
Human Spirit™

Ground Turkey Sweet Potato Skillet

Serves 4

INGREDIENTS

- 2 tbsp. coconut oil
- 1 lb. ground turkey
- 2 garlic cloves, minced
- 1/2 a yellow onion, diced
- 1-1/2 cups sweet potato, peeled & diced
- 1/2 tsp. paprika
- 1/4 tsp. chili powder
- Salt and pepper
- 1/2 cup mozzarella cheese

STEPS

1. In a skillet over medium-high heat, add the coconut oil and let melt. Add in ground turkey and minced garlic. Cook for 5 minutes, stirring occasionally. Add in diced onion and cook until soft.
2. Add sweet potato and season mixture with salt and pepper. Cover skillet and cook until sweet potato is tender when poked with a fork. Stir mixture occasionally.
3. Sprinkle mixture with mozzarella cheese and serve while still warm.

Source: American Academy of Ophthalmology

According to the American Academy of Ophthalmology vitamin A is the best-known eye-healthy nutrient, and sweet potatoes have more than 200% of the daily recommended dose.

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