

## Skillet Sweet Potato Hash

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*Quick. Easy. Nutrient dense. Cheap. If that sounds pleasant, then this recipe is for you. Sweet potatoes are Vitamin A rock-stars! One sweet potato offers 377% of your total recommended dietary allowance. For those of you that have kiddos, this can certainly be beneficial for their growth and eye health.*

### **Ingredients:**

2 lbs	Lean ground turkey (97% lean)
4 medium	Sweet potatoes, diced
1 large	Red onion, diced
To taste	Salt and pepper
1 tbsp	Red pepper flakes
2 tsp	Garlic powder
2 tsp	Onion powder
1.5 cups	Shredded mozzarella cheese (part-skim)

### **Directions:**

1. Preheat the oven to 425 degrees
2. Brown the ground turkey with salt and pepper in the cast iron skillet. Use a regular skillet if you do not have a cast iron skillet.
3. Do not drain. Once browned, add the sweet potatoes, onion, red pepper flakes, garlic and onion powder. Mix it all well.
4. Allow the mixture to cook on medium-high until the sweet potatoes are soft. Keep the bottom moist. If the oils dry, add water. It is typical to add about ½ cup. Stir occasionally.
5. Once the sweet potatoes are soft, drain the excess water (if any). To do so, just tilt the pan to get the water out. It doesn't have to be completely drained.
6. Keep the mixture in and skillet and top with cheese. Place the skillet in the oven just until the cheese melts.
7. If you did not use a cast iron skillet, transfer the mixture to a 9x13. Top with cheese and bake until the cheese melts.

\*\*Store in an airtight container or cover the 9x13 pan in the fridge. This stays good and easily reheats for up to 6 days.

### **Nutrition Facts:**

Servings: 8 servings

Serving size: 1 serving

Calories: 268

FAT: 7.2 g

CHO: 16.6 g

PRO: 32.4 g