

# GROUND TURKEY & SWEET POTATO SKILLET

---

**Calories:** 440

**Protein:** 42g | **Carbs:** 35g | **Fat:** 14g

## **Ingredients:**

Lean ground turkey (93%) – 130g

Cooked sweet potato – 100g

Spinach – 40g

Yellow onion – 30g

Paprika, cumin, salt – to taste

## **Directions:**

Brown turkey with spices and onion.

Add cooked sweet potatoes and spinach.

Sauté until everything is heated through.

