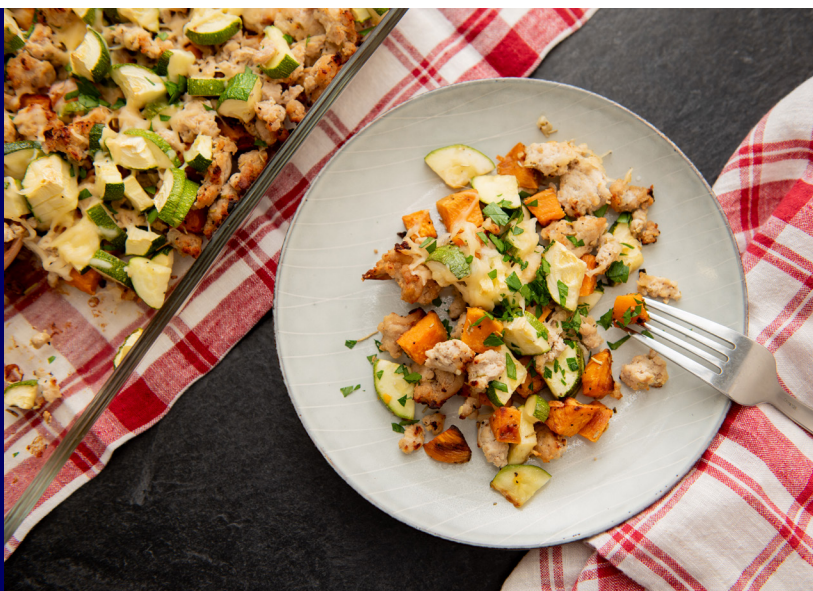


## LiveWell

# Sweet potato and ground turkey bake

Yield: 4 servings



### Ingredients:

- 2 medium sweet potatoes, peeled and cut into 1/2-inch cubes (about 5-6 cups)
- 2 Tablespoons olive oil, divided
- 1/2 teaspoon garlic powder
- 1 teaspoon dried rosemary, divided
- 1/4 teaspoon black pepper, divided
- 1/2 cup diced onions
- 1 garlic clove, minced
- 1 pound ground turkey breast
- 2 small zucchinis, quartered and sliced
- 1/2 cup shredded parmesan cheese
- 2 Tablespoons fresh parsley, chopped

### Directions:

1. Preheat oven to 400° F.
2. In a large bowl, toss sweet potatoes with 1 Tablespoon olive oil, 1/2 teaspoon garlic powder, 1/2 teaspoon rosemary, and 1/8 teaspoon pepper. Transfer to a 9 x 13-inch pan and bake for 30 minutes.
3. While the sweet potatoes bake, heat 1 Tablespoon olive oil over medium-high heat in a skillet. Add onions and garlic and cook until onions are soft.
4. Add ground turkey, 1/2 teaspoon rosemary and 1/8 teaspoon pepper and continue to cook until turkey is browned. Use a wooden spoon to break up turkey as it cooks.
5. Remove the sweet potatoes from the oven. Add the cooked ground turkey mixture and chopped zucchini to the baking pan and stir to combine. Return pan to oven and bake for 10 minutes.
6. Remove from oven and top with parmesan cheese. Bake 5 to 10 more minutes until cheese melts.
7. Remove from oven, garnish with parsley, and serve.

### Nutrition information per serving:

Calories: 271

Fat: 8 grams

Saturated fat: 3 grams

Cholesterol: 66 mg

Sodium: 360 mg

Carbohydrates: 16 grams

Fiber: 2.5 grams

Protein: 34 grams

Food exchanges:

3 vegetable, 4 protein