

Turkey and Sweet Potato Hash Skillet

Ingredients:

1 to 1.5 pounds of lean ground turkey
3 Medium sweet potatoes, peeled and diced into bitesize pieces
Olive Oil
2 Green onion, chopped (green parts only)
½ of a yellow, orange or red pepper, chopped
½ cup shredded Monterey Jack or Mozzarella Cheese
1 Garlic clove, finely minced
Grilltime Chicken Seasoning* - to taste
S & P to taste
Parsley, fresh or fresh dried – to taste

Preheat oven to 400. Spread sweet potatoes on cookie sheet (with sides) and toss with olive oil. Place in oven for 20 minutes stirring at the halfway point. While the sweet potatoes are in the oven, place a small amount of olive oil in a medium size skillet and brown the ground turkey and pepper over medium heat until almost done. When almost done, add the green onions and garlic, seasoning and S&P. Finish browning. If the sweet potatoes are not quite done, turn off the heat to the turkey and let it set until they are done. When the sweet potatoes are ready, turn the heat back to medium for the turkey and combine the sweet potatoes and turkey mixture, cook together for about 5 minutes on medium heat then add the parsley and adjust seasonings to your taste. Serve immediately sprinkled with about 1 oz of cheese and additional parsley. Refrigerate any leftovers. If you are portioning this for lunch, I separate this recipe into four (4) containers. I grate the cheese and portion it into 4 small snack size plastic bags. Refrigerate for grab and go.

*I purchase this seasoning from my local Kroger. The main ingredients are: Garlic, Salt, Onion, Spices (Black Pepper, Sage, Thyme, Rosemary, Red Pepper), Parsley, Orange Peel, Paprika, Green Bell Peppers. You could choose something similar in your grocery store or McCormick Grill Mates Chicken Seasoning has the same ingredients.