

Turkey and Sweet Potato Dinner

Ingredients:

1 pound ground turkey
 4 sweet potatoes
 15 ounces green beans,
 canned
 4 ounces cheddar cheese,
 low fat
 1/4 cup milk, 1%-low fat

Equipment:

Non stick skillet
 9 x 9 baking dish
 Cutting board
 Knife
 Can opener
 Colander
 Grater
 Measuring cups

Number of Servings: 6
 Prep Time: 15 minutes
 Total Time: 1 hour & 15 minutes

Directions

1. Preheat oven to 350°F.
2. Heat skillet to medium. Place ground turkey in skillet and use a spatula to break turkey into small pieces as it browns. Keep on stirring and breaking into small pieces until it is no longer pink. Once it is done, put browned turkey on a plate covered with several layers of paper towels to absorb fat.
3. While turkey is browning, wash sweet potatoes and lay on cutting board. Slice in half lengthwise and lay flat on cutting board. Slice into slices, then into chunks. Set aside.
4. Pour green beans in a colander and rinse under cool water to reduce sodium. Allow to drain.
5. Use a grater to grate cheese into small pieces.
6. Place potatoes in bottom of two quart casserole dish, add green beans on top, then ground turkey, and then cheese.
7. Pour milk over all. Cover and bake in oven for 1 hour.

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Nutrition Facts

Serving Size: 1 1/2 cup	
Servings: 6	
Amount Per Serving	
Calories 251	Calories from Fat 72
%Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	13%
Cholesterol 64mg	21%
Sodium 387mg	16%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	15%
Protein 20g	40%
Vitamin A 353%	Vitamin C 37%
Iron 12%	Calcium 14%
*Percent Daily Values are based on a 2,000 calorie diet.	

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