

Ground Turkey Stuffed Sweet Potato

INGREDIENTS

1 lbs ground turkey, 93% lean
1 tsp paprika
1/2 medium onion, chopped
1 tbsp olive oil
4 medium sweet potatoes
1 large avocado
1/4 cup shredded sharp cheddar or parmesan cheese

INSTRUCTIONS

Baked Potatoes—

Preheat oven to 400 degrees. Poke holes in sweet potatoes. Place on cookie sheet and bake until tender, about 1 hour. *This is something you can do in advance*. Remove from heat and let cook slightly. Cut potatoes in 1/2 and mash leaving the skins intact.

Ground Turkey—

Heat skillet to medium. Add olive oil and chopped onion. Sauté until translucent. Add ground turkey, paprika, and a season of salt and pepper to the onions. Stir until meat is cooked through, about 5 minutes. Remove from heat.

Assemble potatoes... Top sweet potatoes with ground turkey, avocado slices, and sprinkle of cheese!

Makes 4 servings.