



TURKEY & SWEET POTATO HASH



INGREDIENTS

ITEM

QUANTITY

- Ground Turkey 4 oz.
- Cooked Sweet Potato ½ cup
- Spinach 1 cup
- Garlic-infused Olive Oil
- Salt & Pepper

SERVING SIZE

1



PREPARATION

- ✔ Heat a skillet over medium heat and add garlic-infused olive oil.
- ✔ Add ground turkey and cook for 5-7 minutes, breaking it apart with a spatula until fully browned.
- ✔ Season with salt and pepper while cooking.
- ✔ Preheat the grill to medium-high heat.

✔ Stir in the cooked sweet potato and cook for another 1-2 minutes so it lightly browns and absorbs flavor.

✔ Add spinach and cook just until wilted, about 1 minute.