



TURKEY & SPINACH STUFFED SWEET POTATO WITH MUSTARD DRIZZLE



INGREDIENTS

ITEM

QUANTITY

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| • Small Sweet Potato | 1 |
| • Ground Turkey | 5 Oz. |
| • Spinach | 1 Cup |
| • Olive Oil | 1 Tbsp. |
| • Salt, Pepper, and paprika | |
| • Dijon Mustard | 2 Tbsps. |
| • Maple Syrup or Honey | 1-2 Tsp. |
| • Apple Cider Vinegar | 1 Tbsp. |
| • Olive Oil | ½ Tbsp. |

SERVING SIZE

1



PREPARATION

- Preheat oven to 400°F (200°C).
- Pierce the sweet potato several times with a fork and bake for 40-45 minutes, until tender.
- While the sweet potato bakes, heat olive oil in a skillet over medium heat.
- Add turkey and season with salt, pepper, and paprika.
- Cook until browned and fully cooked through.
- Stir in spinach and cook until wilted.
- In a small bowl, whisk together Dijon mustard, maple syrup (or honey), apple cider vinegar, and olive oil until smooth.

- Slice the baked sweet potato open and fluff the inside with a fork.
- Fill with the turkey-spinach mixture.
- Drizzle generously with mustard sauce and serve warm.