

Spicy Sweet Potato, Turkey & Kale Bowl

Susan Alsembach

This recipe makes for a great family dinner and ready in under 30 minutes!

You can always swap out the turkey for chicken and the kale for spinach. I even like to add a few toasted almonds for that extra crunch. The contrast of flavours and textures make this a delicious fall dinner.

Enjoy,

Susan

Spicy Sweet Potato, Turkey & Kale Bowl

10 ingredients · 25 minutes · 5 servings



Directions

1. Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
2. Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
3. Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
4. Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!

Notes

Save Time

Chop the sweet potato and onion in advance. Store in the fridge until ready to cook.

Vegan & Vegetarian

Skip the ground meat and roast chickpeas on the baking sheet along with the sweet potatoes. Saute the onion on its own in step 3.

Ingredients

- 2 1/2 Sweet Potato (medium)
- 18 milliliters Extra Virgin Olive Oil
- 10 grams Chili Powder
- 1 gram Cayenne Pepper (optional)
- 19 milliliters Coconut Oil
- 1 1/4 White Onion (diced)
- 567 grams Extra Lean Ground Turkey
- 4 grams Sea Salt
- 2 grams Black Pepper (optional)
- 210 grams Kale Leaves (finely diced)