



Turkey Burger & Sweet Potato Bowl

2 servings

35 minutes

Ingredients

2 Sweet Potato (medium, cut into fries)
 4 grams Avocado Oil Spray (divided)
 Sea Salt & Black Pepper (to taste)
 227 grams Extra Lean Ground Turkey
 1 1/2 tsps Italian Seasoning
 8 Cremini Mushrooms (quartered)
 3 cups Mixed Greens
 1/2 cup Cherry Tomatoes (halved)
 2 tbsps Red Onion (thinly sliced)
 1/4 cup Cilantro Lime Dressing

Nutrition

Amount per serving	
Calories	498
Fat	30g
Carbs	32g
Fiber	6g
Sugar	8g
Protein	27g
Cholesterol	84mg
Sodium	471mg
Vitamin A	18836IU
Vitamin C	16mg
Calcium	101mg
Iron	3mg
Selenium	29µg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 On one side of the baking sheet, add the sweet potato. Spray with half of the oil and season with salt and pepper. Spread out into an even layer. Bake in the oven for 10 minutes.
- 3 Meanwhile, in a bowl, mix together the turkey and Italian seasoning. Form the mixture into even patties, one patty per serving. Season the patties all over with salt and pepper and spray with the remaining oil.
- 4 Place the patties and mushrooms on the other side of the baking sheet. Bake in the oven for about 10 minutes. Remove the baking sheet and flip the patties. Continue cooking for another 10 minutes or until everything is cooked through.
- 5 Divide the mixed greens, cherry tomatoes, red onions, mushrooms, turkey patties, and sweet potatoes between serving bowls. Top with cilantro lime dressing and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to approximately 2 1/2 cups and one turkey patty.

More Flavor: Add onions, garlic, and/or chopped parsley to the turkey mixture.

No Cilantro Lime Dressing: Use dressing of choice.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.