

whole302010 – DINNER

Sweet Potato “Nachos”

what you need

1 medium sweet potato
1/4 cup chopped green pepper
1/4 cup chopped onion
1/2 cup chopped mushrooms
4 oz ground turkey
1/2 tsp chili powder
1/4 tsp paprika
1/4 tsp cumin
sea salt to taste

cheese sauce

2 tbsp nutritional yeast
1 tbsp of almond milk
1 tsp garlic salt

Other topping ideas: sliced avocado, green onion, lime, salsa

what to do

Preheat oven to 400F.

Chop sweet potato into wedges, coat with coconut oil and bake for 20-25min.

In the meantime, prepare all your veggies by dicing them. Heat a teaspoon of coconut oil and cook ground turkey until browned. Add veggies and all spices + 2 tbsp water

To make cheese sauce: mix ingredients together and place in microwave for 30 seconds.

Take sweet potatoes out of oven and top with ground meat, vegetable and cheese mixture.

Recipe serves 1	385 kcal
carbohydrates	40 g
protein	25 g
fat	15 g