

Heart-Healthy Avocado Turkey Chili-Stuffed Sweet Potatoes

Instructions

1. Heat the oven to 400 degrees.
2. With a fork, pierce the sweet potatoes several times and place them on a baking sheet lined with aluminum foil. Bake until soft, about 45 minutes.
3. In a deep skillet, heat the olive oil over medium heat. Add the onion and bell pepper and cook until tender, stirring occasionally, about 5 minutes. Then add the garlic, cumin, oregano, and salt.
4. Add the turkey and stir to break it up. Cook until no longer pink, about 3 to 5 minutes.
5. Stir in the tomatoes and reduce the heat to medium-low. Cover and cook for 20 minutes.
6. Remove from the heat and stir in the avocado. Slice the baked sweet potatoes lengthwise and fill with the turkey mixture before serving.

Ingredients

- 4 medium-sized sweet potatoes
- 1 tbsp olive oil
- ½ cup onion, diced
- ¼ cup red bell pepper, diced
- 1 clove of garlic, minced
- ¾ tsp ground cumin
- ½ tsp dried oregano
- ¼ tsp salt
- 8 oz ground white meat turkey
- 14 oz can of petite diced tomatoes, in juice
- 1 ripe, fresh avocado, diced
- ¼ cup reduced fat cheddar cheese, grated (optional)

Grocery List

Produce

- Sweet potatoes
- Onion
- Red bell pepper
- Garlic
- Avocado

Canned Goods/Grocery

- Olive oil
- Ground cumin
- Dried oregano
- Salt
- Petite diced tomatoes

Other Items

- Ground white meat turkey
- Cheddar cheese (optional)