

**PREP TIME:**

5 minutes

**COOK TIME:**

25 minutes

# APPLE STUFFED SWEET POTATOES & GROUND TURKEY

**By Chef Ali**[Watch Here](#)

## Ingredients

- 4 sweet potatoes
- 1 Tbsp. olive oil
- 1 red onion, diced
- 1 lb. ground turkey
- 1 green apple, diced
- Salt and pepper to taste
- 1 Tbsp. fresh garlic
- 1 cup fresh kale, thinly sliced



## Directions

1. Scrub potatoes well and pat them dry.
2. Use a fork to pierce small holes all over the potatoes.
3. Place potatoes on a plate and microwave for 10 minutes then flip and repeat for another 10 minutes.
4. Pierce each potato with a fork to check that it's cooked all the way through.
5. While potatoes are in the microwave, add 1 Tbsp. of olive oil to skillet and turn heat on medium.
6. Add diced onion and apple, cook until caramelized then add minced garlic, kale, salt and pepper to taste.
7. Add ground turkey and cook all the way until browned.
8. Once potatoes are done, cut in half and add the mixture to each potato.

## Kitchen Items

- stove top
- skillet
- measuring cups and spoons
- kid safe knife
- cutting board
- fork
- spatula
- microwave

# GROCERY LIST

## Fruits & Vegetables

☐ Sweet Potatoes

☐ Red Onion

☐ Apple

☐ Kale

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## Dairy & Eggs

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## Meats & Seafood

☐ Ground turkey

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## Pantry Items

☐ Olive oil

☐ Minced garlic

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