



Roasted Turkey Breast with Mashed Sweet Potatoes



SERVINGS: 1

PREP TIME: 20 MINUTES

COOKING TIME: 85 MINUTES

INGREDIENTS

- 1 tsp Olive Oil
- 1 palm-sized Turkey Breast
- A light spray Avocado Oil Cooking Spray
- 1 hand-sized Sweet Potato, cubed
- 2 tbsp Plain Non-Fat Greek Yogurt

DIRECTIONS

1. Preheat oven to 350°F (176°C).
2. Rub some olive oil over turkey.
3. Spray a baking pan, add turkey, and roast according to instructions on pack.
4. After removing it from the oven, let the turkey breast rest at room temperature for 15 minutes. Slice right before serving.
5. Put the sweet potatoes in a large saucepan. Add enough cold water to cover them. Turn the heat to high and bring the water to a boil. Once the water is boiling, lower the heat to medium. Cook the sweet potatoes without a lid for 15-20 minutes, or until you can easily pierce them with a fork.
6. Mash sweet potatoes with the yogurt until smooth.

AVERAGE NUTRITION INFO

Energy : 1340 kJ / 320 Cal Fat : 7 g Carbs : 22 g Protein : 39 g Fibre : 3 g Sugar : 6 g

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