

asparagus sweet potato turkey skillet

SERVES 5

RECIPE ADAPTED FROM: [Primavera Kitchen](#)

COOK TIME: 25 to 30 minutes

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- 1¼ lbs ground turkey
 - 1 Tbsp olive oil
 - Salt and pepper, to taste
 - 3 garlic cloves, minced
 - 4 medium sweet potatoes, diced
 - 1 cup chicken broth or water
 - 2 lbs fresh asparagus,
cut at a diagonal in 1-2 inch pieces
 - ½ tsp red chili flakes
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You can substitute ground turkey for an equal amount of boneless chicken breasts, if desired. Simply cut chicken into small pieces before cooking.



HEAT skillet over medium heat.

ADD olive oil, garlic and turkey and season with salt and pepper. Sauté until cooked through, about 7-10 minutes.

SET turkey aside.

ADD diced sweet potatoes and chicken broth or water to the same skillet.

COOK for about 10 minutes or until the sweet potato is tender.

ADD asparagus and cook for another 5 minutes or until the asparagus begins to get slightly tender. If all the liquid has evaporated, add an additional ½ cup broth or water to the skillet.

STIR cooked turkey back into the skillet.

SEASON with salt and pepper, to taste, and add red chili flakes.