

# Sweet Potato Turkey Bake

**Makes:** 6 Servings

## Ingredients

- 1 cup quick-cooking barley
- 2 Tbsp olive oil
- 2 medium sweet potatoes, diced
- 1 lb 93% lean ground turkey
- 2 tsp dried rosemary
- 2 cloves garlic, minced
- 2 cups frozen kale
- 2 Tbsp whole-wheat flour
- 3/4 cup 1% low-fat milk
- 1/4 cup unsalted chicken broth
- 1 cup shredded part-skim mozzarella cheese, divided

## Directions

1. Preheat oven to 350°F. In a saucepan, prepare barley according to package directions. Set aside.
2. In a large skillet, heat oil over high. Add sweet potatoes, turkey, rosemary & garlic. Cook 10 minutes or until turkey is cooked through, crumbling throughout. Add kale & stir to combine.
3. Lightly coat a large casserole dish with cooking spray. Combine turkey mixture & barley in the skillet. Spread evenly in the casserole dish.
4. In the saucepan add flour, milk & broth. Whisk continuously until smooth. Add 1/2 cup of cheese and heat on low. Whisk until cheese is melted.
5. Pour sauce over turkey mixture. Top with remaining cheese & bake 10 minutes or until sauce is bubbly & cheese is melted. Serve.

**Total Cost:** \$9.73

**Serving Cost:** \$1.62

**Source:** ONIE Project



Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>(307g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>390</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 45g	<b>16%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 30g	
Vitamin D 1mcg	6%
Calcium 307mg	25%
Iron 2mg	10%
Potassium 420mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

