

RECIPE

Turkey & Apple Hash



Ready in **40 minutes**

Serves **4 people**

Ingredients

- 1 lb ground turkey
- 1 medium diced sweet potato
- 1 ½ cups spinach
- **1 diced gala apple**
- 1 tbsp olive oil
- 2 tsp rosemary
- 2 tsp sage
- 1 tsp salt
- 1 tsp pepper

Preparation

1. In a stainless steel pan, cook the ground turkey on medium heat until cooked all the way through (just before golden brown).
2. Mix in a quarter of each seasoning.
3. Remove the ground turkey from the pan, leaving the fat residue, and add olive oil and sweet potatoes.
4. Saute sweet potatoes for 20 minutes until softened and golden brown.
5. Add in diced **apples** and spinach for 5 minutes or until **apples** are slightly softened and spinach is dark green and wilted.
6. Mix in the ground turkey and add the remainder of seasoning.
7. Cook hash until ground turkey turns golden brown.
8. Serve and enjoy!