

Food Babe's Sweet Potato Turkey Frittata



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	20 mins	25 mins	3

<https://foodbabe.com/sweet-potato-turkey-frittata>

Ingredients:

- 2 tablespoons coconut oil
- 4 ounces ground turkey
- 1 sweet potato, peeled and diced
- 5 large eggs, beaten
- 1 teaspoon chili powder
- ¼ teaspoon sea salt
- ⅛ teaspoon black pepper, to taste
- 2 tablespoons fresh parsley, chopped

Instructions:

1. Heat the oven to 400° F.
2. Heat 1 tablespoon of oil in a saute pan over medium heat. Add the turkey and cook until no longer pink. Add the sweet potato and cook until tender, adding water to the pan if needed.
3. Pour the sweet potato mix in an oven safe dish. In a separate bowl, beat the eggs with the chili powder, salt and pepper. Add to the sweet potato mix and place in the oven. Bake for roughly 15-20 minutes or until the eggs are set. To serve, place a slice of the frittata on your plate and top with some chopped parsley. Enjoy!

Notes:

- Please use organic ingredients if possible