

# Turkey Sweet Potato Burrito

NUMBER OF SERVINGS: 3

## Ingredients

- Sweet potato, peeled and diced 10 oz (300 g)
- Vegetable broth ½ cup (125 mL)
- Lean Ontario turkey, ground 8 oz (227 g)
- Fresh ginger, minced 1 Tbsp (15 mL)
- Garlic, minced 2 cloves
- Thai chili pepper, sliced 1
- Cornstarch 1 tsp (5 mL)
- Soy sauce 2 Tbsp (30 mL)
- Chopped fresh cilantro ¼ cup (60 mL)
- Large whole wheat flour tortillas 3

## Directions

1. In a large skillet, bring sweet potato and broth to simmer. Cover and cook for 5 minutes.
2. Uncover and stir in turkey, ginger, garlic and pepper. Cook, stirring gently for 5 minutes or until turkey is no longer pink.
3. Whisk together cornstarch and soy sauce. Stir into skillet along with cilantro and cook for 1 minute. Remove from heat and let cool slightly.
4. Divide mixture among centre of tortillas, fold over sides and roll up.
5. **Optional:** Place on greased grill over medium high heat and grill for about 4 minutes, turning once or until browned and crispy.



Ontario Turkey is produced year-round, at approximately 63,000,000 kilograms a year.



Turkey is a great source of protein. Many older adults don't consume the recommended daily amount of protein, so it's important to include high protein foods at each meal.



Need dinner on the go? Simply wrap the burritos before grilling and keep in the refrigerator ready to pop into a microwave when you need them.

## NUTRITION PER SERVING

Calories 385 | Protein 27g | Fat 11g | Carbohydrates 43g | Fibre 4g | Sodium 476mg

# Mains



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