

ROASTED TURKEY FOIL PACKETS

HIGH IN PROTEIN AND FIBER

INGREDIENTS

- 1 teaspoon garlic powder
- 1 teaspoon minced onion
- 1 teaspoon oregano
- 1/2 teaspoon thyme
- 1/2 teaspoon black pepper
- 1 lb ground turkey
- 2 sweet potatoes, peeled and diced
- 1 lb fresh green beans, halved
- 2 tablespoon olive oil

INSTRUCTIONS

1. In a small bowl, combine all herbs and spices.
2. Add 1/2 of the spice mix to the ground turkey and mix well.
3. Pat turkey into 4 even patties.
4. In a large bowl, combine sweet potatoes, green beans, olive oil, and the remaining spice mix.
5. Layer each individual turkey patty with vegetables on a sheet of aluminum foil.
6. Bake at 400 degrees F for 20-25 minutes.*

*If desired, open foil packet during the last 5 minutes of cook time to brown the patties.



FOOD AS HEALTH *Alliance*

LEARN MORE



4 SERVINGS



30 MIN