

LiveWell

Heart-Healthy Burger Bowl

Yield: 4 servings



Ingredients:

2 medium sweet potatoes
1 Tablespoon olive oil
1 teaspoon black pepper, divided
½ teaspoon paprika
½ teaspoon chili powder
1 pound ground turkey breast
½ teaspoon garlic powder
½ teaspoon onion powder
8 cups romaine lettuce, chopped
2 cups chopped fresh tomatoes
½ sweet onion, chopped
¼ cup shredded low-fat cheddar cheese

Aioli sauce:

½ cup low-fat mayonnaise
2 Tablespoons no-salt-added ketchup
1 Tablespoon lemon juice
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon black pepper

Nutrition information per serving:

Calories: 310	Cholesterol: 55 mg	Fiber: 6 grams	Food exchanges:
Fat: 8 grams	Sodium: 450 mg	Protein: 32 grams	3 Protein, 1 Carbohydrate,
Saturated fat: 1.5 grams	Carbohydrates: 31 grams		2 ½ Vegetable

Directions:

1. Preheat oven to 400 degrees F. Line a large baking sheet with parchment paper and set aside.
2. Peel and chop sweet potatoes into ½-inch cubes and place in a large bowl. Add olive oil, ½ teaspoon pepper, paprika and chili powder and toss to coat. Place sweet potato cubes on baking sheet and bake for 25-35 minutes.
3. While the sweet potatoes are baking, make aioli sauce: Add low-fat mayonnaise, no-salt-added ketchup, lemon juice, garlic powder, onion powder, and ½ teaspoon black pepper to a small bowl and mix until combined. Set aside.
4. Place a medium-sized skillet on the stove over medium heat. Add ground turkey to the skillet and sauté until the meat is fully cooked, breaking it up into crumbles and seasoning it with ½ teaspoon pepper, garlic powder and onion powder while it cooks.
5. To assemble the burger bowls, add 2 cups of lettuce to each bowl and top with ¼ of the ground turkey, sweet potato cubes, tomatoes, onion, and low-fat shredded cheese. Drizzle with aioli sauce.