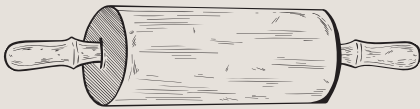


JANUARY 2024
MAKE AND TAKE
AVOCADO TURKEY
STUFFED SWEET
POTATO



25 Families will be chosen to
receive free ingredients!



CONTACT CASEY ROSENBERG, RD TO SIGN UP!

PHONE: 715.793.5006

EMAIL: CASEY.ROSENBERG@MOHICAN.COM

Participants must have access to internet as the Make & Take will be done virtually, sessions will be pre-recorded and sent out via email prior to pickup

Ingredients must be picked up on Wednesday, January 24th, at the SMHWC from 11:45am -1:15pm

Sign up is Monday, January 8th - Friday, January 12th
We will be drawing names for the virtual Make & Take.
We will contact you on Monday, January 15th if your name has been chosen.

ATTENTION:

Make & Take activities are made possible through grant funding. Pictures of your completed creations must be submitted to Casey. Pictures are part of the verification of appropriate funding use to our grantor, which allows us to continue to provide this program. Failure to do so may effect your future eligibility.



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT



**SPONSORED BY THE SMHWC COMMUNITY HEALTH
DEPARTMENT WITH FUNDING FROM SNAP-ED &
SDPI GRANT**



INGREDIENTS

AVOCADO TURKEY STUFFED SWEET POTATO

- | | |
|---|---|
| <input type="checkbox"/> 4 MEDIUM SWEET POTATOES | <input type="checkbox"/> 1/2 TSP. GARLIC POWDER |
| <input type="checkbox"/> 1 TBSP. OLIVE OIL | <input type="checkbox"/> 1/2 TSP. OREGANO, DRIED |
| <input type="checkbox"/> 1/2 CUP WHITE ONION, DICED | <input type="checkbox"/> 1/4 TSP. SALT, OR MORE AS DESIRED |
| <input type="checkbox"/> 1/2 RED BELL PEPPER, DICED | <input type="checkbox"/> 1, 16 OZ. (1 LB.) PACKAGE GROUND TURKEY |
| <input type="checkbox"/> 2 CLOVES GARLIC, MINCED | <input type="checkbox"/> 1, 14 OZ. CAN PETITE DICED TOMATOES IN JUICE |
| <input type="checkbox"/> 1 TSP. RED PEPPER CHILI FLAKES | <input type="checkbox"/> 1 AVOCADO (HALVED, SEEDED, AND DICED) |
| <input type="checkbox"/> 3/4 TSP. GROUND CUMIN | <input type="checkbox"/> 1/4 CUP CHEDDAR CHEESE GRATED (OPTIONAL) |



- Preheat the oven to 400°F.
- Cook the sweet potatoes: pierce the sweet potatoes with a fork all over several times. Place on a baking sheet lined with aluminum foil; bake until soft and fork tender, about 45 minutes. (Or pierce with fork and cook in the microwave until soft & tender. I like to wrap mine in a paper towel. Cook time will vary based on size of the sweet potato but you can start with 10 minutes.)
- Heat the olive oil in a deep skillet over medium heat. Add in the onions, bell peppers and garlic; cook, stirring occasionally, until tender, ~5 minutes. Stir in the red pepper chili flakes, cumin, garlic powder, oregano and salt.
- Add the ground turkey; cook, stirring and breaking it up with a spoon, until no longer pink, ~3 to 5 minutes. Stir in the tomatoes. Reduce the heat to low; cover and cook for 10-15 minutes.
- Remove from heat. Slice the baked sweet potatoes lengthwise just until open. Fill with the turkey mixture. Top with cheese & avocado.
- Alternatively, you can scoop the sweet potato out into a bowl and build bowls instead of eating from the sweet potato itself. Enjoy!