

## Roast Turkey and Mashed Sweet Potatoes

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1½ lbs turkey breast cutlets, boneless, skinless, cooked  
1 tsp grape seed oil  
1 pinch sea salt, to taste  
1 pinch ground black pepper, to taste  
3 cups mashed sweet potatoes (see recipe)  
1½ cups cranberry orange and ginger sauce (see recipe)



Servings: 6

### Nutrition Facts

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Serving size: 1/6 of a recipe.

| Amount Per Serving             |               |
|--------------------------------|---------------|
| <b>Calories</b>                | 328           |
|                                | % Daily Value |
| <b>Total Fat</b> 5g            | 8%            |
| <b>Sodium</b> 233mg            | 10%           |
| <b>Total Carbohydrates</b> 31g | 10%           |
| Fiber 5g                       | 20%           |
| <b>Protein</b> 38g             | 76%           |

### Recipe Type

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Poultry