

LEFT OVER TURKEY AND SWEET POTATO PIE

By Nina Lynn



Ingredients: 12 oz. of cooked organic turkey
2 cups of mashed organic sweet potatoes
1 16 oz. can of organic crushed tomatoes
1 large organic onion, chopped
1 clove organic garlic, minced
1 large organic carrot, chopped
1/2 tsp. dried thyme
1 tbs. coconut oil
sea salt and pepper to taste

Directions: In a dutch oven, heat the coconut oil, add the garlic, onion and carrot and sauté for 10 min. Add the turkey meat, crushed tomatoes and thyme, and salt and pepper to taste. Bring to a boil, then cover and simmer for 25min. Transfer the meat mixture to a baking dish, and spread in an even layer. Top with a layer of the left over sweet potatoes, and bake at 350* for 12 to 15 min. or until heated through.

Turkey is an excellent source of protein and is high in tryptophan, which converts to serotonin and melatonin that help us feel good and sleep well. Turkey also provides selenium that is a cancer fighting antioxidant and vitamin B6 that is needed for energy production. Sweet potatoes are high in vitamin A, and a good source of vitamin C, both powerful antioxidants.