

BBQ TURKEY SWEET POTATO SLIDERS

Bariatric, Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 1 (Serving= 1 slider)

Nutrition (per serving)

Calories: 184

Total Fat: 3 g

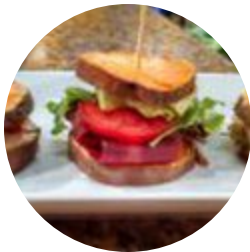
Saturated Fat: 2 g

Sodium: 405 mg

Total Carbohydrate: 26 g

Dietary Fiber: 3 g

Protein: 12 g



Ingredients

- Two 1/4-1/2 inch thick sliced sweet potato rounds
- Cooking spray
- 1 ounce reduced sodium deli turkey (like Boar's Head®)
- 2 Tablespoons part-skim shredded mozzarella cheese
- 5 spinach leaves
- 1 onion slice
- 2 red bell pepper strips
- 2 teaspoons barbeque sauce (make sure gluten free for GF version)



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Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Place the sweet potato slices on a baking sheet sprayed with cooking spray. Place the rest of the ingredients on half the slices. Leave the other half of the slices un-topped, but spray with cooking spray.
3. Bake for 15 minutes, flip un-topped slices and bake an additional 15 minutes.
4. Place un-topped sweet potato slice on top of open-faced slider. Using a skewer, secure slider through the middle.

To make bariatric diet friendly:

Increase from 1oz to 2oz turkey portion.

Bariatric nutrition information: Calories 214, Total Fat 4g, Sat Fat 2g, Sodium 585mg, Total Carbohydrate 26g, Fiber 3g, Protein 18g