

1. Place sweet potatoes in a medium saucepan, cover with lightly salted water and bring to a boil. Reduce heat to medium, cover and cook for 3 minutes. Add apple and cook until everything is just tender, but not mushy, 2 to 3 minutes longer. Drain.
2. Transfer 1 cup of the mixture to a large bowl; mash. Stir in sour cream and lemon juice. Add the remaining unmashed mixture and stir gently to mix. Set aside.
3. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add turkey (or chicken), thyme, salt and pepper; cook, stirring occasionally, until heated through, about 2 minutes.
4. Add the reserved sweet potato mixture to the skillet; stir to mix. Press on the hash with a wide metal spatula; cook until the bottom is lightly browned, about 3 minutes. Cut the hash into several rough sections; flip and cook until the undersides are browned, about 3 minutes longer. Serve immediately.

MAKES 6 SERVINGS, 1 1/4 CUPS EACH.

PER SERVING: 223 CALORIES; 7 G TOTAL FAT (2 G SAT, 2 G MONO); 56 MG CHOLESTEROL; 17 G CARBOHYDRATE; 23 G PROTEIN; 3 G FIBER; 252 MG SODIUM.

Picadillo

PREP TIME: 20 MINUTES | **START TO FINISH:** 40 MINUTES

DEGREE OF DIFFICULTY: EASY

IN BOLIVIA, instead of coffee and doughnuts, workers taking a midmorning "coffee break" line up at street vendors for savory meat-filled turnovers called *salteñas*. This picadillo (which means "small bits and pieces") is inspired by *salteña* flavors. The ingredient list may look long, but it includes many common spices.

- 2 eggs (optional)
- 1 pound lean ground beef or ground turkey
- 2 teaspoons extra-virgin olive oil
- 1 medium onion, chopped
- 1/2 cup chopped scallions, divided
- 3 cloves garlic, minced
- 4 teaspoons chili powder
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons ground cumin
- 3/4 teaspoon ground cinnamon
- 1/8 teaspoon cayenne
- 1/2 cup golden raisins
- 1/2 cup chopped pitted green olives
- 2 tablespoons tomato paste
- 1 cup water
- 1/2 teaspoon freshly ground pepper

1. If using eggs, place in a small saucepan and cover with cold water. Bring to a boil; simmer on medium-low for 15 minutes. Drain; let cool; peel and slice.
2. Meanwhile, cook meat in a large nonstick skillet over medium-high heat until no longer pink, about 5 minutes. Transfer to a colander; drain off fat.
3. Add oil to the skillet. Add onion, 1/4 cup scallions and garlic; cook over medium heat, stirring often, until softened, 2 to 3 minutes. Stir in chili powder, oregano, cumin, cinnamon and cayenne; cook, stirring, until fragrant, about 1 minute. Add raisins, olives, tomato paste, water and the meat; stir to blend. Reduce heat to low, cover and simmer, stirring occasionally, for 10 minutes. Season with pepper. Garnish with the remaining scallions and hard-cooked eggs, if desired.

MAKES 4 SERVINGS, 1 CUP EACH.

PER SERVING (WITH BEEF): 311 CALORIES; 13 G TOTAL FAT (3 G SAT, 7 G MONO); 70 MG CHOLESTEROL; 25 G CARBOHYDRATE; 26 G PROTEIN; 4 G FIBER; 557 MG SODIUM.

MAKE IT A MEAL

Picadillo

Corn tortillas, warmed

Salad of romaine, jicama and oranges in an orange-lime vinaigrette

Fresh pineapple

