



### **Swimsuit-Ready in 20 Days: Lunch Recipes**

#### **Turkey Stew**

- 1 pound turkey breast tenderloins, chopped
- 1 large sweet potato, diced
- 1 medium red onion, sliced thin
- 1 14.5-ounce can crushed tomatoes with Italian seasoning
- 2 teaspoons minced garlic

Spray a wide, shallow microwave-safe bowl with canola oil. Add all the ingredients to the bowl. Cover with plastic wrap, venting on one side. Microwave on High for 4 to 5 minutes. Stir, re-cover, and microwave on High until turkey is cooked through and sweet potato is tender.