

Stuffed Sweet Potatoes

Yield: 6 servings

Serving size: 1 potato, ½ cup filling

Prep Time: 10 minutes



Ingredients

- ✓ 6 small sweet potatoes
- ✓ 1 lb 93% lean ground turkey or chicken
- ✓ 4 cups raw spinach (about one bag or bunch)
- ✓ 2 medium white onions
- ✓ Pepper, garlic powder, sage, basil, and/or any Mrs. Dash seasoning to taste
- ✓ ¾ cup reduced fat shredded cheddar cheese
- ✓ 6 Tablespoons plain 0% Greek yogurt

Directions:

1. Bake sweet potatoes for 45 minutes to an hour until soft (can also be done in about 7 minutes in the microwave)
2. Brown meat in a large skillet. When it is almost browned, dice onion and add to mixture.
3. When onions have started to soften, add the spinach.
4. Sauté until all are cooked and spice to taste.
5. When sweet potatoes are soft, remove and cut in half lengthwise. Scoop out inside of potato to cut back on carbs! (Save inside for mashed sweet potatoes at another meal!)
6. In a large baking dish or on a baking sheet, flatten the sweet potato a little bit and add ½ cup of the stuffing mixture to the middle, evenly dividing among them.
7. Top with 2 Tablespoons cheese & return to the oven for about 5-10 minutes to incorporate flavors and melt cheese
8. Top with 1 Tablespoon Greek yogurt and enjoy!

Nutrition Facts:

Nutrition Facts	
Serving Size (278g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 260mg	11%
Total Carbohydrate 29g	10%
Dietary Fiber 5g	20%
Sugars 7g	
Protein 22g	
Vitamin A 320%	Vitamin C 15%
Calcium 25%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Lifestyle Tips:

Sweet potatoes are extremely nutritious – high in Vitamin A (beta-carotene) & fiber. Vitamin A is responsible for keeping our eyesight healthy & has powerful antioxidant properties important for immunity and heart health. Although sweet potatoes are carbs, they are packed with fiber and choosing a sweet potato as a carb for your meal may prevent you from over-eating later in the day. Low fat cheese and 0% plain Greek yogurt are great substitutions for commonly high-fat toppings such as regular cheese & sour cream. Try it – you & your family will be amazed!