



LOADED SWEET POTATO

SERVINGS: 2

PREP TIME: 20 MIN

AMOUNT	INGREDIENTS	INSTRUCTIONS
2	Sweet potatoes, washed & scrubbed	<ol style="list-style-type: none"> 1. Prick sweet potatoes with a fork 3 or 4 times then put into microwave at 50% power for 5 minutes. Check and see if potato is done (no resistance when poked with a fork). If it needs more time, microwave at 30 second intervals until a fork easily pieces their sides. Alternatively, you may bake sweet potatoes at 375 degrees F for 45-60 minutes or until fork easily pierces their sides. 2. While the sweet potatoes are cooking, add oil to a non-stick skillet over medium heat. Once oil beings to shimmer, about 1 minute, add broccoli, salt and pepper. Stir frequently to ensure even cooking, about 10 minutes. 3. Wash and slice chives or scallions, then set them aside. 4. Top broccoli with beans and heat through, 2 minutes more. 5. Split hot cooked sweet potatoes down the center and top each with half the broccoli/bean mixture, 2 Tbsp of plain Greek yogurt and ½ the chives or scallions.
2 tsp	Olive oil	
2 cups	Broccoli florets, cut into bite size pieces	
¼ tsp	Kosher salt (⅛ tsp if using iodized salt*)	
¼ tsp	Ground black pepper	
1 cup	Low sodium pinto beans, rinsed & drained	
2 Tbsp	Lowfat plain Greek yogurt	
1 Package	Fresh chives or scallions	

Nutrition Facts

2 servings per container

Serving size (294g)

Amount per serving

Calories **280**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **10%**

Total Carbohydrate 46g **17%**

Dietary Fiber 11g **39%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 15g

Vitamin D 0mcg **0%**

Calcium 194mg **15%**

Iron 5mg **30%**

Potassium 1192mg **25%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Regular table salt is sometimes referred to as iodized salt