

Loaded Baked Sweet Potatoes

Yield: 6 servings

Ingredients

6 medium sweet potatoes;
washed (24 ounces)
3 cups One Pot Bean Chili;
(see recipe)
½ cup cheddar cheese; shredded
½ cup Greek yogurt; plain
2 tablespoons fresh chives;
chopped

Instructions

1. Gather all ingredients, equipment and preheat the oven to 400 degrees.
2. Prick potatoes with fork and microwave until it begins to soften, 2 to 5 minutes.
3. Wrap sweet potatoes in aluminum foil and place in preheated oven. Bake until tender, about 20 minutes.
4. Remove the sweet potatoes from the oven and cut open lengthwise. Top each potato with ½ cup of chili, and then divide the cheese. Top potatoes with yogurt and chives. Serve warm.

Nutrition Information

Serving Size: 1 potato

Calories: 230
Total Fat: 2.0 g
Saturated Fat: 1.0 g
Monounsaturated Fat: 0.0 g
Sodium: 250 mg
Total Carbohydrate: 44.0 g
Dietary Fiber: 9.0 g
Sugars: 9.0 g
Protein: 10 g

Source: Goldring Center for Culinary Medicine



Presented by
Culinary Medicine