

Loaded Baked Sweet Potatoes



This veggie packed meal is full of fiber which makes it satisfying while keeping calories low. Try adding all your favorite chili toppings.

YIELD 4 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

2 medium	Sweet Potatoes, washed
3 cups	One Pot Bean Chili (separate recipe)
½ cup	Cheddar Cheese, shredded
¼ cup	Greek Yogurt, plain, nonfat
2 Tbsp	Chives, fresh, chopped

CHEF'S NOTES

Microwaving the sweet potatoes gives them a head start and shaves time off the total baking time they need in the oven, making this dish quick and easy for busy weeknights. Use leftover chili for an even quicker dinner!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat the oven to 400°F.
2. Using a fork, prick the potatoes a few times all over the surface.
3. On a microwave safe plate, place the potatoes in the microwave until they begin to soften, about 5-8 minutes. Flip over halfway through cooking.
4. Wrap each sweet potato in foil and place in the preheated oven directly on the oven rack. Bake until tender, about 20 minutes.
5. Remove the sweet potatoes from the oven and allow to rest until they are cool enough to handle. Cut each potato in half lengthwise.
6. To serve, top each potato half with ¾ cup chili, 2 Tbsp cheese and 1 Tbsp yogurt. Sprinkle the chives and enjoy!

Nutrition Facts

4 servings per container

Serving 1/2 sweet potato with about 3/4

Size cup chili (286 g)

Amount per serving

Calories **200**

% Daily Value *

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol less than 5mg **0%**

Sodium 370mg **16%**

Total Carbohydrate 34g **13%**

Dietary Fiber 8g **30%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

Protein 12g **23%**

Vitamin D 0.01mcg **0%**

Calcium 160mg **12%**

Iron 2mg **12%**

Potassium 700mg **15%**

*The % Daily Value (DV) 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.

Recipe adapted from Health meets Food, "Loaded Baked Sweet Potatoes" (6/9/19)



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