



Stuffed Sweet Potatoes

⌚ 30 MINS PREP | ⌚ 30 MINS COOK | 🍴 4 SERVINGS

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INGREDIENTS

4 Sweet Potatoes	1 Yellow Onion diced
2 tablespoons Olive Oil	2 Zucchini's diced
1 cup High Protein Textured Vegetable Protein	1 bunch Broccoli chopped
$\frac{3}{4}$ cup Water	14 ounces Simply Seasoned Ground Chicken - 14 Oz
	$\frac{1}{4}$ cup Feta Cheese

NUTRITION INFORMATION PER SERVING

Calories 504kcal	Sodium 745mg
Carbs 50g	Fiber 13g
Protein 38g	Added Sugar 0g
Total Fat 18g	Fruits 0 servings
Saturated Fat 4.24g	Vegetables 2.84 servings

Method

1. Preheat oven to 400.
2. Rinse and dry the sweet potatoes. Cut in half length-wise.
3. Drizzle with olive oil and place face-down on a lined sheet pan. (Depending on the size of the potatoes, they may need to cook for ~20mins before beginning the following steps. Piercing the potatoes with a fork or tip of a sharp knife will help them cook.)
4. Optional step: Boil water and pour over the TVP in a bowl.
5. Add 1 tbsp of oil to a large pan over medium heat.
6. Add the diced onion and cook until fragrant, ~3 minutes.
7. Add the zucchini and broccoli to the pan and season with pepper, garlic powder, and oregano or seasoning of your choice. Cook until the broccoli is soft, and transfer mixture to a bowl.
8. Add the ground chicken to the pan and cook through. Add the TVP (if using) and the veggies to the pan.
9. Remove the sweet potatoes from the oven. Place on a plate, splitting them open to create space if needed. Top with the chicken and veggie mixture. (Option to top with cheese and return to the oven)
10. NOTE: The TVP increases the protein content of this dish. Alternatives: reduce the number of potatoes; add another package of chicken; top with Greek yogurt.)

