

# Recipe Card

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## Twice Baked Lentil Stuffed Sweet Potatoes

Yields: 4 servings

Adapted from [www.lentils.org](http://www.lentils.org)

### Ingredients:

2 Sweet Potatoes

2 Tablespoons Greek Yogurt (plain)

½ teaspoon ground Cumin

Dash Cinnamon

Dash Paprika

2 Green Onions, chopped and separated by green and white parts

Salt and Pepper to taste

1 cup cooked Green Lentils

2/3 cup finely grated Cheddar or Parmesan Cheese

Salsa, Avocado (optional)

### Directions:

1. Bake sweet potatoes in 425 degree F oven for 20-40 minutes (depending on size).
2. Cut in half and scoop out into a bowl, leaving a ¼" border.
3. Add yogurt and white of green onions, lentils, half of the cheese, cumin, cinnamon, paprika, and salt and pepper to taste. Mash.
4. Spoon filling back into the sweet potato shells and sprinkle remaining cheese and green of green onions.
5. Place stuffed potato halves on baking sheet. Bake until golden, about 15 minutes.
6. Serve as is or with salsa and avocado slices.

Nutritional Information per serving (half sweet potato): 200 Kcals, 10 grams Protein, 6 grams Fat, 25 grams Carbohydrate, 6 grams Fiber, 440 mg Sodium, 430 mg Potassium, 68 mcg Folate.

Gluten Free, Nut Free