

Loaded Sweet Potato

Yield: Serves 2

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A great lunch or dinner. You can make two of these on a Sunday and have them ready to go to the office any day of the week. Just reheat in the microwave on your lunch break and then top with the dressing or guacamole.



Ingredients

2 medium **sweet potatoes**

1 can **black beans** *drained and rinsed*

1 bunch **kale or spinach, cooked** *or other leafy greens*

salt and pepper to taste

Green Goddess Dressing *or guacamole or salsa*

Directions

1. Preheat oven to 375 degrees. Line baking sheet with parchment paper.
 2. Using a fork, poke multiple holes into both sweet potatoes. Place potatoes in oven and bake for about 45-60 minutes, or until tender.
 3. To cook greens: saute kale or spinach with 1/3 cup water over medium heat in medium saucepan (add garlic if desired). Cover for five minutes. Remove cover, toss greens, reduce heat, and cook for another 15 minutes or until greens are the desired texture, adding more water as needed.
 4. Add beans to greens and cook until warmed. Season with salt and pepper to taste.
- Cut sweet potatoes in half lengthwise. Top with black beans, greens, and the Green Goddess Dressing (or guacamole or salsa).