

Stuffed Roasted Sweet Potatoes



Servings: 6

3 medium sweet potatoes

1 tablespoon olive oil

1 garlic clove, minced

6 cups spinach

1 cup cooked rice

1/4 cup walnuts

1/4 cup dried cranberries

salt and pepper, to taste

Cut the sweet potatoes in half lengthwise. Coat with olive oil and place face down on a parchment lined roasting tray.

Roast in a 350°F oven for 45-50 minutes until the sweet potatoes are tender and soft. Set aside to cool.

Add olive oil to a large sauté pan and heat over medium heat.

Add garlic and spinach. Cook until the spinach has wilted. Remove from the heat.

Stir in cooked rice, walnuts, and cranberries. Season with salt and pepper.

With a small spoon gently press down on the centre of the sweet potatoes to create a small indentation that is the length of the sweet potatoes.

Spoon the spinach mixture evenly into the indentation in the sweet potatoes.

Serve

Per Serving (excluding unknown items): 201 Calories; 9g Fat (36.7% calories from fat); 4g Protein; 29g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 124mg Sodium; 8g Total Sugars; 0mcg Vitamin D; 59mg Calcium; 2mg Iron; 441mg Potassium; 86mg Phosphorus. Exchanges: .