

## Double-Stuffed Sweet Potatoes

**INSTRUCTIONS:** Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the bottom with tape or glue and drop it in your recipe box for future inspiration!



**Nutritional Bonus:** Just one serving of these stuffed sweet potatoes packs two times your daily requirement of vitamin A, thanks to the antioxidant beta-carotene. An orange plant pigment, beta-carotene promotes proper eye health.



**INSTRUCTIONS:**  
**ONE:** Preheat oven to 375°F. Place potatoes on a large baking sheet and rub each with oil, dividing evenly. Bake until tender, 40 to 45 minutes. Remove from oven and set aside until cool enough to handle.  
**TWO:** With a sharp knife, cut a deep lengthwise slit in each potato, leaving ½-inch space between slit and potato ends. Scoop out flesh and transfer to a large bowl, reserving skins. Add yogurt to bowl and mash with a potato masher until smooth. Stir in chives and cheese. Spoon mixture into potato skins, dividing evenly. Bake until warmed through, about 7 minutes. Serve immediately.

FOLD LINE

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### DOUBLE-STUFFED SWEET POTATOES

Serves 4. Hands-on time: 20 minutes. Total time: 1 hour.



#### INGREDIENTS:

- 4 small sweet potatoes
- 1 tsp olive oil
- ½ cup nonfat plain Greek yogurt
- ¼ cup chopped chives
- 2 oz low-fat cheddar cheese, shredded

**Nutrients per stuffed potato:** Calories: 187, Total Fat: 5 g, Sat. Fat: 3 g, Monounsaturated Fat: TK g, Polyunsaturated Fat: TK g, Carbs: 27 g, Fiber: 4 g, Sugars: 6 g, Protein: 9 g, Sodium: 175 mg, Cholesterol: 15 mg

