



Loaded Baked Sweet Potatoes

U.S.

2 medium	Sweet Potato, washed
3 cups	One Pot Bean Chili (see recipe)
1/2 cup	Cheddar Cheese, shredded
1/4 cup	Greek Yogurt, plain
2 Tbsp	Fresh Chives, chopped

Metric

2 medium
710mL
60g
60 g
10g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 400°F (200°C).
3. Prick potatoes with fork and microwave until they begin to soften, about 5-10 minutes.
4. Wrap sweet potatoes in tin foil and place in preheated oven. Bake until tender, about 20 minutes.
5. Remove the sweet potatoes from the oven and cut open lengthwise. To serve, top half of a potato with 3/4 cup of chili and 2 tablespoons of cheese. Top with yogurt and chives and serve warm.

Nutrition Facts

4 Servings

Serving size **1/2 potato with 3/4 cup chili**

Amount per serving

Calories **250**

Total Fat	8 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	15 mg
Sodium	390 mg
Total Carbohydrate	34 g
Dietary Fiber	7 g
Total Sugars	6 g
Includes 0g Added Sugars	
Protein	11 g
Vitamin D	0 %
Calcium	14 %
Iron	9 %
Potassium	400 mg
Phosphorus	130 mg
