

## **Hearty & Comforting Loaded-Up Sweet Potato**



*This simple yet satisfying dinner is another restaurant-inspired new favourite. Easy to make and so tasty, it's loaded up in more ways than one. For starters, it's stuffed with fibre and resistant starch, both carbohydrates showing immense benefits for satiety, gut health, and weight management. It's also bursting with antioxidant polyphenols, flavonoids, carotenoids, and sulphoraphane, and the myriad benefits associated with them (which include but are not limited to immune, skin and eye, liver, and vascular health, as well as their potential for cancer prevention). My version uses local cashew cumin gruyere cheese and bottled chimichurri sauce, but you can vary the flavour combo any way you like!*

### **Ingredients:**

- 2 medium or large organic sweet potatoes, scrubbed clean and patted dry
- 1-2 tsp. coconut oil or Earth Balance vegan margarine

### *Toppings:*

- ½ Tbsp. coconut oil or vegan margarine
- 1 cup cooked/canned black beans, rinsed and drained
- 2 cups (loosely packed) chopped kale, fresh or frozen
- 2 Tbsp. bottled chimichurri sauce (or salsa or pesto, as desired)
- 4 Tbsp. cashew cheese or vegan cream cheese, to taste

### *Optional Toppings:*

- 2 Tbsp. coconut bacon
- Pinch fresh microgreens or sprouts
- Fresh chopped herbs, such as cilantro or basil, to taste
- 2 Tbsp. hemp hearts
- ½ diced avocado

### **Directions:**



Preheat oven to 400 °F. Pierce the potatoes several times with a fork, all over their surfaces. Coat thinly with 1-2 tsp. coconut oil or vegan margarine and place on a baking sheet. Bake about 45-50 minutes, turning once halfway through, until they are soft and easily pierced with a fork. Remove from oven and set aside.

*This step can be completed with 5-10 minutes left on the oven time.* In a small wok or skillet, warm the remaining ½ Tbsp. coconut oil or margarine over medium heat. Add the black beans and kale and sauté a few minutes, until kale is wilted. Add chimichurri sauce and continue sautéing to coat. Remove from heat and set aside.

After sweet potatoes have been removed from the oven, split them open lengthwise and again crosswise. Add dollops of cashew/cream cheese, approx. 2 Tbsp. per potato, all around the cut surface, spreading it around a little as it melts. Divide the bean & kale mixture over the cheese on both potatoes.

*Optional toppings:* garnish each potato with half the coconut bacon, sprouts, fresh cilantro or basil, hemp hearts, or avocado chunks as desired.

Serve. Makes 2 servings.