

# Baked Sweet Potatoes Stuffed Three Ways



## Directions

Bake 4 sweet potatoes: Pierce several times with a fork. Bake in oven at 450\* for 45 minutes or microwave 12 minutes, rotating every 2-6 minutes. Choose a stuffing to make-

Broccoli-Feta	Amount
Olive Oil	1 Tbsp
Garlic Cloves, minced	4
Red Pepper Flakes	1/8 tsp
Broccoli, finely chopped	4 Cups
Water	1 Cup
Salt	1/2 tsp
Pepper	1/4 tsp
Feta, crumbled	1/2 Cup

Caribbean Stuffing	Amount
Olive Oil	1 Tbsp
Onions, minced	1 1/2 Cups
Kale, finely chopped	3 Cups
Water	3 Tbsp
Black-eyed Peas, undrained can	15 oz
Lime Juice	3 Tbsp
Adobo Sauce (from a can of chipotle peppers in adobo sauce)	1 tsp
Salt and Pepper	6-9 oz

Indian Stuffing	Amount
Olive Oil	1 Tbsp
Onions, diced	1 Cup
Red Bell Pepper, diced	1 Cup
Garlic Cloves, minced	4
Ginger Root, grated and peeled	1 Tbsp
Curry Powder	1 Tbsp
Ground Turmeric	1/2 tsp
Cayenne	1/4 tsp
Salt	1/2 tsp
Chickpeas, canned and drained	15 oz

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## **Broccoli-Feta:**

In a large skillet on high heat, warm the olive oil. Add the garlic and red pepper flakes and cook until the garlic is golden, about a minute. Add the broccoli and stir-fry for a couple of minutes. Add the water and bring to a boil, then reduce the heat and simmer uncovered until most of the water has evaporated and the broccoli is tender, 8-10 minutes. Add the feta, salt and pepper and set aside until the sweet potatoes are baked.

## **Caribbean Stuffing:**

In a large skillet on medium heat, warm the olive oil. Add the onions and cook, stirring often, until softened, about 7 minutes. Stir in the kale and cook for a minute or two, until the kale is somewhat wilted and bright green. Add the water, cover, and steam on low heat until the kale is tender, about 3 minutes. Stir in the peas, lime juice, and adobo sauce. Cover and cook until hot, about 3 minutes. Set aside until the sweet potatoes are baked.

## **Indian Stuffing:**

In a large skillet, warm the oil on medium heat. Add the onions, bell peppers, and garlic and cook, stirring frequently, until the onions have softened, about 7 minutes. Stir in the ginger, curry powder, turmeric, cayenne, and salt. Add the chickpeas and heat thoroughly. Set aside until the sweet potatoes are baked.

## ***THEN...***

When the sweet potatoes have baked, cut them in half lengthwise and scoop out the pulp, leaving a shell at least 1/4 inch thick. Set the shells aside. Mash the pulp a bit and stir it into the chosen mixture. If the stuffing has cooled, turn on the skillet and rewarm. If the stuffing seems too crumbly, add a little water to hold it together. Fill the baked sweet potato shells with stuffing.