

Chipotle Sweet Potato Skins

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving Size 1 (1/2 sweet potato)

Ingredients	Quantity	Measure
Sweet potatoes, medium-sized potatoes work best	5	pounds
Vegetable oil	2	tablespoons
Chipotle peppers	3	whole
Garlic, minced	1	teaspoon
Onion, minced	½	cup
Oregano, fresh	1	teaspoon
Cumin powder	1	teaspoon
Chili powder	2	teaspoons
Salt	1	teaspoon
Pepper	1	teaspoon
Vegan chicken strips, optional	30	strips
Black beans	1	15 ounce can
Non-dairy cheddar cheese	2	cups
Avocado, sliced, optional	2	cups
Non-dairy sour cream, optional	1	cup

Preparation

1. Preheat the oven to 350°F.
2. Prick the sweet potatoes with a fork and bake until tender, about 50 to 60 minutes. Remove from the oven, slice in half lengthwise, and allow to cool for 10 minutes.
3. Change the oven temperature to 400°F.
4. Sauté the chipotle peppers, garlic, and onion in 1 tablespoon of the vegetable oil until fragrant, about 3 minutes. Add the oregano, cumin, chili powder, salt, and pepper.
5. If using the vegan chicken strips, add these to the heated pepper mixture and sauté on medium heat until well cooked, about 8 to 10 minutes.
6. Heat the black beans separately on the stove.
7. Once the potatoes have cooled, scoop out the majority of the flesh, leaving a very thin layer of potato in the skins. Reserve the scooped-out flesh for step 9.
8. Coat the potato skins with the remaining oil. Bake for 5 minutes, remove from the oven.
9. Combine the reserved sweet potato flesh, vegan cheese, black beans, and vegan chicken (if using). Fill each potato skin with black bean and sweet potato filling. Top with more vegan cheese (or prepared nacho cheese).
10. Bake for 10 more minutes, or until the vegan cheese is melted. Garnish with avocado and vegan sour cream, if desired.



Chipotle Sweet Potato Skins Continued

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Serving Information

If desired, garnish with 1 teaspoon of vegan sour cream and 3 slices of fresh avocado.

Nutrition Information per servings *From USDA Nutrient Database

Calories: 403 Total Fat: 21g Saturated Fat: 4.5g Monounsaturated Fat: 6.3g Polyunsaturated Fat: 1.8g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 41g Fiber: 9g Total Sugar: 5g Protein: 16g Sodium: 791mg Vitamin A: 472 μ g Vitamin C: 7mg Calcium: 92mg Iron: 3.7mg Folate: 89 μ g

