

Savory Sweet Potato Skins

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 1 potato skin

Ingredients	Quantity	Measure
Sweet potatoes	5	lbs.
Yellow or green bell peppers, sliced thin, de-seeded	2	cups
Garlic, minced	1	tsp.
Onion, minced	½	cup
Vegetable oil spray		as needed
Oregano, fresh	1	tsp.
Cumin powder	1	tsp.
Chili powder	2	tsp.
White pepper	1	tsp.
Cooked white beans, drained, rinsed, and mashed	5	cups
Black beans, drained and rinsed	2	cups
Avocado, mashed (fresh or frozen pulp)	2	cups
Cheesy sauce topping:		
Sweet potato flesh, scooped out after baked	3	cups
Olive oil	1/3	cup
Water	½	cup
Nutritional yeast	½	cup
Lemon juice	1	Tbsp.
Salt	1	tsp.
Garlic powder	½	tsp.
Onion powder	½	tsp.
Cayenne		Dash

Preparation

1. Preheat the oven to 350 degrees Fahrenheit. Prick the sweet potatoes with a fork and bake until tender, about 50 to 60 minutes on a sheet pan with parchment paper. Remove from the oven, slice in half lengthwise, and allow to cool for 10 minutes. Change the oven temperature to 400 degrees Fahrenheit.
2. While the sweet potatoes are cooking, sauté the peppers, garlic, and onion with vegetable oil spray until tender, about 3 minutes. Add the oregano, cumin, chili powder, and pepper. Add the white beans and sauté on medium heat until well-cooked, about 8 to 10 minutes.
3. In a separate pan, heat the black beans and set aside.

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Continued

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4. Once the potatoes have cooled, scoop out the majority of the flesh, leaving a very thin layer of potato in the skins. Set aside the scooped-out flesh.
5. Place halved skins on sheet pans with parchment paper. Fill the skins with white bean mixture and top with black beans. Bake for 10 more minutes, or until warm.
6. Make cheesy sauce topping by adding the scooped out sweet potato flesh to a high-speed blender. Add the remaining cheesy sauce ingredients and blend on low until well incorporated. Increase speed gradually to high and blend until smooth and completely blended.
7. Top sweet potato skins with cheesy sauce and avocado right before serving.

Nutrition Information *From USDA Nutrient Database

Calories: 541 Total Fat: 15.5g Saturated Fat: 2.2g Monounsaturated Fat: 9.8g Polyunsaturated Fat: 1.9g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 80.2g Fiber: 20.9g Total Sugar: 9.8g Protein: 20.3g Sodium:
753.2mg Vitamin A: 1395µg Vitamin C: 35.3mg Calcium: 171mg Iron: 6.4mg Folate: 169µg

