



Spicy Sweet Potato Bites

INGREDIENTS (serving size: 4)

- 2 sweet potatoes
- 1 tablespoon canola oil
- 1/3-pound ground chicken breast
- ¼ teaspoon ground cumin
- ¼ teaspoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 4 tablespoons sweet red pepper, finely chopped
- 2 tablespoons cilantro, finely chopped
- Fat-free sour cream or plain Greek yogurt (optional)

NUTRITION INFORMATION: 350 Calories; 11 grams Fat; 1-gram Saturated Fat; 0 mg Cholesterol; 40 mg Sodium; 56 grams Carbohydrates; 24 grams Sugar; 8 grams Fiber; 7 grams Protein

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit. Wash sweet potatoes and dry. Poke sweet potatoes with a fork and microwave on high for 8 – 10 minutes. Allow to cool.
2. Cut sweet potatoes lengthwise. Remove and reserve half of baked flesh from each potato half, ensuring some flesh is still attached to skin. Place a large sauté pan over medium heat; add canola oil, ground chicken, cumin, chili powder, garlic powder, onion powder and reserved sweet potato. Cook for 10 minutes, stirring often. Divide chicken and sweet potato mixture evenly between sweet potato skins.
3. Top each skin with ½ tablespoon cilantro and 1 tablespoon chopped sweet red pepper. Bake for 25 minutes. Allow skins to cool. Cut each skin into thirds.