



TACO STUFFED SWEET POTATOS

One more thing I like about loaded sweet potatoes: they are indeed extremely simple to prepare and do not require any particular cooking skill. All you need to do is to pierce them with a fork, and bake in the oven until fork-tender. Once you have baked, prepare the stuffing. It could be just some sour cream, tuna, shredded chicken or guacamole. I like to use lentils and walnuts to create a meat free option.

-  1 hour and 30 minutes
-  2 hours and 30 minutes
-  6 portions

INGREDIENTS

- 6 medium sweet potato, baked (780 g)
- 2 cups of lentils, canned, drained, rinsed, cooked (384 g)
- 3 cloves of garlic, raw (9 g)
- 2 tbsps of chili powder (16 g)
- 1 tsp of cumin seed (2 g)
- 1 tsp, oregano, dried (1 g)
- 1/2 tsp of paprika (1 g)
- 120ml of water
- 1/2 small head of cabbage, red, raw (284 g)
- 4 tbsps of lemon juice (60 g)
- 1 tbsp of apple cider vinegar, (15 g)
- 2 ripe avocados (272 g)
- 9 sprigs of coriander leaves, (20 g)
- 1/4 cup, sliced of jalapeno, (23 g)
- 1/2 cup, chopped of nuts, walnuts, (59 g)

COOKING METHOD

- 1° Preheat oven to 200°C. Pierce the sweet potatoes several times with a fork and place onto a lined baking sheet. Bake for about an hour or longer, until fork tender.
- 2° Place walnuts in a food processor, and pulse 2 or 3 times [the walnuts must be cut into tiny pieces, looking "meaty"].
- 3° Drizzle some olive oil in a large skillet, and place on medium heat. Once hot, add the cooked lentils [previously cooked according to package instructions], walnuts, garlic cloves garlic, spices, hot sauce, and pour some water to moisten [I advice about 1/2 cup/120 ml, more if needed]. Cook for a few minutes, or until heated throughout.
- 4° For the cabbage slaw, place cabbage, 1 tbsp of lemon juice, apple cider vinegar and a pinch of in a medium bowl, and stir to combine. Refrigerate until ready to use.
- 5° Prepare the avocado cream by combining avocados, coriander, remaining lemon juice, water, 1 garlic clove and salt & pepper in a blender or food processor, and mix until smooth and creamy. Adjust seasoning as needed, and set aside.
- 6° Slice the sweet potatoes length-wise, stuff them with the lentil-walnut meat, and top with the avocado cream, and additional toppings [sliced jalapenos, fresh chopped coriander, salsa and/or hot sauce].
- 7° *NOTE* You can place whatever type of protein

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (337 g)	% DRI
ENERGY	150 kcal	507 kcal	25 %
FAT	4 g	15 g	23 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	9 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	52 mg	174 mg	7 %
CARBOHYDRATE	23 g	79 g	26 %
SUGARS	3 g	10 g	—
FIBER	5 g	17 g	68 %
PROTEIN	6 g	22 g	—