



### 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 ½ 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	—