

**STUFFED SWEET POTATO WITH HUMMUS DRESSING**

1 portion

INGREDIENTS

- 1 large sweet potato (130 g)
- 1 cup of kale, chopped (21 g)
- 1 cup of black beans, rinsed (240 g)
- 1/4 cup of hummus, (62 g)

COOKING METHOD

- 1° Prick sweet potato all over with a fork. Microwave on High until cooked through, 7 to 10 minutes.
- 2° Meanwhile, wash kale and drain, allowing water to cling to the leaves. Place in a medium saucepan; cover and cook over medium-high heat, stirring once or twice, until wilted. Add beans; add a tablespoon or two of water if the pot is dry. Continue cooking, uncovered, stirring occasionally, until the mixture is steaming hot, 1 to 2 minutes.
- 3° Split the sweet potato open and top with the kale and bean mixture. Combine hummus and 2 tablespoons water in a small dish. Add additional water as needed to reach desired consistency. Drizzle the hummus dressing over the stuffed sweet potato.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (453 g)	% DRI
ENERGY	107 kcal	483 kcal	24 %
FAT	3 g	12 g	19 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	9 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	280 mg	1266 mg	53 %
CARBOHYDRATE	17 g	76 g	25 %
SUGARS	1 g	7 g	—
FIBER	5 g	25 g	99 %
PROTEIN	5 g	22 g	—