

Super Stuffed Sweet Potatoes

Chef Audrey - Aldi Test Kitchen
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Servings: 6

3 sweet potatoes, cooked
zest of four lemons
juice of six lemons
1 cup fresh basil, packed
2 cloves garlic
1 tablespoon organic
wildflower honey
1/4 teaspoon crushed red
pepper
2 teaspoons salt
1/4 teaspoon ground black
pepper
3/4 cup pure olive oil
1 cup organic quinoa,
cooked
1/2 cup shaved Brussels
sprouts
1/4 cup sliced almonds,
toasted
1/4 cup dried cranberries
1/2 cup shredded baby kale
1/2 cup shredded
Parmesan cheese

Preparation Time: 25 minutes

Preheat the oven to 400 degrees.

Slice the potatoes lengthwise and hollow out the skins. Reserve the skins and flesh separately.

In a food processor, combine the lemon zest, lemon juice, basil, garlic, honey, crushed red pepper, salt and pepper. Slowly drizzle in the olive oil until emulsified. Reserve.

In a large mixing bowl, combine the sweet potato flesh, quinoa, Brussels sprouts, almonds, cranberries and kale. Add 1/2 cup of the reserved dressing and stir to combine.

Stuff the reserved potato skins with the potato mixture. Top with Parmesan cheese.

Bake for 5 minutes or until the cheese is melted.

TIP:

Use any leftover dressing on your favorite salad. It will store for up to one week when refrigerated.

Per Serving (excluding unknown items): 135 Calories; 5g Fat (33.9% calories from fat); 5g Protein; 18g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 833mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.