

Easy Stuffed Sweet Potato

Baked sweet potato
Hummus of choice
Lightly steamed broccoli

- Line a baking sheet with parchment paper or foil
- Poke holes in the sweet potato with a fork or a paring knife
- Bake sweet potato at 400 degrees for about 30-40 minutes, or until fork inserts and releases easily
- Remove sweet potato and cool 5 minutes. Cut a slit down the middle lengthwise, and gently pull the potato open
- Fluff the sweet potato with a fork
- Add 2-3 dollops of your favorite oil-free hummus
- Add lightly steamed broccoli on top of hummus
- Optionally garnish with chopped nuts, balsamic glaze, or nutritional yeast

Try variations:

- Black beans, red onion, pico de gallo and avocado
- Hummus, cannellini beans, cooked spinach & Italian blend seasoning
- Vegetable curry with chickpeas
- Roasted cauliflower with a drizzle of BBQ sauce
- For a sweet one, add sliced bananas, berries, drizzle of maple syrup

Enjoy this easy delicious meal! For questions, email: sherlocktruhealth@outlook.com

