SWEET POTATO SKINS

INGREDIENTS:

- 2 large sweet potatoes
- 1 1/2 tablespoons butter
- 1 shallot, minced
- 1 bag of fresh baby spinach
- 1/4 cup light sour cream or Greek yogurt
- 2 ounces light cream cheese
- 1 cup chickpeas
- 1/4 cup shredded Mozzarella cheese
- salt and pepper to taste



NUTRITION PER SERVING:

- Calories 282
- Fat 11g
- Protein 11g
- Carbs 37g
- Fiber 9g
- Sugars 5g
- Sodium 512mg
- Chol 25mg

DIRECTIONS:

- Bake sweet potatoes at 350 for 45-60 minutes, or until tender.
- Cut sweet potatoes in half and let cool for 5-10 minutes. While sweet potatoes are cooling, sauté the shallots with the butter over medium heat until translucent. Add fresh spinach and heat for 2-3 minutes, until spinach has cooked down. Set aside.
- Scrape the sweet potato out of the peel, leaving a thin layer inside the skin so it can stand up on its own. Mash the sweet potato with cream cheese and sour cream. Stir in chickpeas, spinach, and plenty of salt and pepper.
- Coat potato skins with a drizzle of oil and bake for about 5 minutes to get a crispier outside. Remove from oven and fill each skin with the sweet potato mixture and top with shredded mozzarella cheese. Bake again for 10-15 minutes until cheese is melted and filling is heated through.

Makes 3 Servings

Reference: https://PinchOfYum.com