

Loaded Sweet Potatoes



INGREDIENTS:

- 1 sweet potato per person
- ¼ lb protein of choice per person (Ground beef or turkey, shredded chicken or pork, beans, etc.)
- ½ cup of vegetables per person (Onions, broccoli, mushrooms, peppers, etc.)
- 2 teaspoons cooking oil
- Salt and pepper to taste
- Other seasonings to your liking
- Shredded cheese, optional

INSTRUCTIONS:

- 1 Cook sweet potato. Roast: 400 degree oven, wrapped in foil for 45-55 minutes until you can easily pierce through the potato. To microwave: Pierce each potato several times with a fork. Place on a microwave-safe plate. Microwave for 5-7 minutes until potato is tender.
- 2 In a skillet, heat oil. Add vegetables and cook until tender. Remove from skillet.
- 3 Add protein to now-empty skillet and cook or warm thoroughly. Add seasonings.
- 4 Slice each potato down the middle, push ends to open. Load vegetables and protein onto potato. Top with shredded cheese if desired.

Taste!
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