



Vegetarian Recipe

Stuffed Sweet Potato

Ingredients:

- 1 medium sweet potato
- 1/3 cup cooked quinoa
- 2 TBSP avocado
- 2 TBSP black beans
- Optional seasonings: paprika, garlic powder, onion powder, rosemary, black pepper, sea salt, etc.

Directions:

1. Cook quinoa according to package directions. Set aside.
2. Wash sweet potato and poke outside with a fork a few times, then wrap with plastic wrap.
3. Once quinoa is almost done cooking, microwave sweet potato for 5-6 minutes, until soft. Let cool.
4. Slice sweet potato in half, fill with cooked quinoa, avocado, black beans, and seasonings.

Serves: 1

***Fun fact:** This recipe is gluten free, vegetarian, and vegan (without the cheese). It is also filled with fiber, vitamin A, plant-based protein, and complex carbohydrates for fueling your body healthfully!



Photo source:
https://lh6.ggpht.com/tp87xpSx_9EE8By0HkxQ9dZinWhczejs4I7FNzh-7S5yW8lSpa5qh1RyAdtCO2sSo1Go7eJ2tPD3Cilt-lwW5g=s320-c-e365

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