STUFFED SWEET POTATOES WITH BEANS AND GREENS

This simple recipe can be adapted to any palette of flavors!

INGREDIENTS

4 sweet potatoes
2 tablespoons olive oil
1 shallot or green onion, diced
1 garlic clove, minced
1 tablespoon fresh rosemary, oregano, sage or other garden herb, chopped
1/4 teaspoon red pepper flakes
1 1/2 cups (or 1 can) cooked and drained white beans
6 cups greens, trimmed and sliced into ribbons (kale, Swiss chard, spinach, collards, etc)
Juice of 1/4 lemon
Salt and freshly ground black pepper

INSTRUCTIONS

Serves 4

1. Preheat oven to 400°F.
2. Scrub the sweet potatoes and prick them in a few places with a fork. Place them on a baking sheet and bake until soft all the way through, about 45 minutes to 1 hour.
3. Start the beans and greens about 15 to 20 minutes before the sweet potatoes are done.
4. In a wide, deep saucepan with a cover, heat the olive oil over low-moderate heat. Add the shallots/green onion and cook until softened, about 5 minutes. Add the garlic, fresh herbs, and red pepper flakes and cook, stirring, for about a minute. Add the beans and cook for 5 minutes, stirring occasionally. Add the greens, cover the pan, and cook, stirring occasionally, for about 5 minutes or until the greens are soft. Stir in the lemon juice and season to taste with salt and pepper.
5. To serve, slice each sweet potato lengthwise and push on the ends to open up the middle. Spoon the beans and greens into the center.

Source: The Kitchn