



# STUFFED SWEET POTATOES

**2.5 HOURS**

**MAKES 2 SERVINGS**

*These baked sweet potatoes are light and fluffy, packed full of protein and topped with tons of nutrients and flavour with the addition of Micro Arugula.*

## INSTRUCTIONS

Preheat oven to 350°F. Place sweet potatoes on a lightly greased, foil lined baking sheet, rub with a small amount of oil and season with salt and pepper. Bake for approximately 1-2 hours or until a fork can easily pierce through the centre, both flesh and meat of potato.

Remove from oven and allow to cool slightly. Meanwhile in a large pan over medium heat, melt 1 Tbsp butter, add onions, season and cook until just softened, add garlic and cook, stirring 1 minute.

Add black beans and continue to cook, stirring occasionally for 2 minutes. Add cumin and sugar and cook, stirring for 1 minute until fragrant. Add remaining butter and good splash of hot sauce, stir to combine/melt butter and remove from heat. Add lime juice, stir and set aside.

Cut sweet potato, down centre, lengthwise. Using a fork, fluff the meat of the potato. Season with salt and pepper. Divide bean mixture amongst both potatoes. Top with sour cream, more hot sauce, cilantro, feta and big handfuls of Micro Arugula.

Enjoy immediately!

## INGREDIENTS

2 Medium-Large Sweet Potatoes, cleaned

Olive Oil

Salt

Pepper

2 Tbsp of Butter, divided

1 Small White Onion, peeled and diced

2 Cloves of Garlic, peeled and minced

~400ml Can of Black Beans, drained and rinsed

1 Tbsp of Cumin

1 Tsp of Brown Sugar

Hot Sauce

Juice of Half a Lime

Sour Cream

Cilantro

Feta Cheese

GoodLeaf Micro Arugula



Vertically Farmed. Straight-up Good.™