



HEALTHY FAKE BAKED LOADED SWEET POTATO RECIPE



☰ Prep: 10 mins
🕒 Cook: 12 mins
🍴 Serves: 4
★ ★ ★ ★ ★

Ingredients

- ▲ 4 sweet potatoes
- ▲ 1 cup reduced-fat mozzarella cheese, grated
- ▲ 300 g cooked or BBQ chicken breast, sliced or shredded
- ▲ 250 g cherry tomatoes, halved
- ▲ 1 cup basil leaves
- ▲ to taste pepper

Method

1. Scrub skins and cut any blemishes off sweet potatoes. Use a fork to prick sweet potatoes at least a dozen times each.
2. Place sweet potatoes onto a plate under a microwave-safe cover and microwave on HIGH for 5 minutes, turn over and cook a further 5 minutes until softened and cooked in the centre. Be careful when turning over the sweet potato - steam will burn!
3. Carefully cut potatoes in half lengthways and place each on a serving plate open-faced. Sprinkle halves with cheese then layer on chicken and tomatoes. Microwave for another 2 minutes if desired.
4. Top with torn basil leaves and black pepper and serve.

Comment: Sweet potato cooking time may vary from 4-7 minutes per side, depending on the size and how many are in the microwave at once. If cooking 1 sweet potato, start with 3 minutes each side. Our small sweet potatoes is about 350 g. 1 cup grated mozzarella cheese is about 100 g.

Variations

- Top with other salad ingredients such as baby spinach leaves, microwaved sliced red onion, canned corn kernels or beans, sliced red capsicum, mushrooms or spring onions.
- Add drained artichokes, olives, sundried tomatoes, roasted pepper strips or other chargrilled vegetables.
- Top with dried chilli flakes or chopped red chilli for some heat.
- Replace basil with fresh coriander leaves and sprinkle yoghurt with ground cumin or paprika for a Mexican-style flavour.



Ingredients

Nutrition Information

	per serving	per 100g
Energy	2087 kJ	414 kJ
Protein	39.9 g	7.9 g
Fat, total	12.9 g	2.6 g
— saturated	6 g	1.2 g
Carbohydrate	49 g	9.7 g
— sugars	22.4 g	4.5 g
Sodium	294 mg	58 mg
Fibre	11.4 g	2.3 g