

Stuffed Sweet Potatoes

Ingredients for 4 servings:

4 large US sweet potatoes
250 g green asparagus
1 garlic clove
100 g cherry tomatoes
50 g walnuts
1 bunch rocket
1 tbsp. olive oil
Sea salt
Pepper, freshly ground
125 g mozzarella



Preparation:

1. Wash sweet potatoes thoroughly. Prick several times and microwave at 1000 watt until soft (approx. 6 to 7 min). Turn multiple times.
2. Peel asparagus and cut off the ends. Slice lengthwise and cut in half. Peel and chop garlic, cut tomatoes in half and coarsely chop walnuts. Wash and sort rocket leaves. Heat oil in a pan and gently roast asparagus for 2 min. Add garlic, tomatoes, and walnuts and stir for a while. In the end add rocket leaves.
3. Cut sweet potatoes in half and scoop out some of the pulp. Mix with the asparagus filling and season with salt and pepper. Stuff sweet potatoes generously with the asparagus mix. Cut mozzarella to pieces and sprinkle on top. Microwave for another 2 to 3 minutes at 1000 watt and serve.

Preparation time: 35 min

Nutritional value per serving:

Energy: 678,5 kcal / 2815 KJ
Carbohydrates: 123,7 g
Protein: 11,2 g
Fat: 13,4 g

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