



## LOADED SWEET POTATOES

### Ingredients:

- 4 MEDIUM SWEET POTATOES
- 1 CAN (150Z) BLACK BEANS
- FETA CHEESE
- 1 RED PEPPER
- BUTTON MUSHROOMS
- 3 TBSP OLIVE OIL
- 1 TSP SMOKED PAPRIKA
- CHOPPED PARSLEY

### Method

- PRE-HEAT YOUR OVEN TO 220C. WASH YOUR POTATOES AND BAKE FOR 45MINS UNTIL SOFT (FOR A QUICK MEAL, MICROWAVE YOUR POTATOES FOR 10-12MINS).
- CAREFULLY REMOVE YOUR BAKED POTATOES FROM THE OVEN AND LEAVE THEM TO SIT FOR 5-10MINS.
- IN A SMALL PAN, HEAT YOUR OLIVE OIL UNTIL SIZZLING. ADD CHOPPED PEPPER, CHOPPED MUSHROOMS, WASHED & DRAINED BLACK BEANS, PAPRIKA AND SEASON TO PREFERENCE WITH SALT AND PEPPER. COOK FOR 10MINS.
- SLIT OPEN YOUR POTATOES LENGTH WAYS AND ADD 2 TBSP'S OF VEGGIE MIX. POP BACK IN THE OVEN FOR 15MINS.
- GARNISH WITH FRESH PARSLEY AND FETA CHEESE.



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## Nutritional Information

**SWEET POTATOES** - SWEET POTATOES ARE A GREAT SOURCE OF FIBRE, VITAMINS, AND MINERALS. THEY PROMOTE GUT HEALTH, MAY HAVE CANCER-FIGHTING PROPERTIES, SUPPORT HEALTHY VISION, ENHANCE BRAIN FUNCTION AND SUPPORT YOUR IMMUNE SYSTEM.

**BLACK BEANS** - HIGH IN PROTEIN AND FIBRE TO MAINTAIN HEALTHY BONES, LOWER BLOOD PRESSURE, HELP MANAGE DIABETES, MAY WARD OFF HEART DISEASE AND HELP PREVENT CANCER, SUPPORT HEALTHY DIGESTION AND ASSIST WITH WEIGHT LOSS.

**FETA CHEESE** - COMPARED TO OTHER CHEESES, IT'S LOW IN CALORIES AND FAT. IT ALSO CONTAINS A HIGH AMOUNT OF B VITAMINS, PHOSPHORUS AND CALCIUM, WHICH CAN BENEFIT BONE HEALTH. ADDITIONALLY, FETA CONTAINS BENEFICIAL BACTERIA WHICH ASSISTS WITH GUT HEALTH.

**RED PEPPER** - TECHNICALLY A FRUIT, THEY'RE ALSO AN EXCELLENT SOURCE OF VITAMINS A AND C. EACH HALF CUP OF RAW RED PEPPER PROVIDES YOU WITH 47 PERCENT OF YOUR DAILY RECOMMENDED INTAKE OF VITAMIN A AND 159 PERCENT OF YOUR VITAMIN C.

**MUSHROOMS** - PACKED WITH ANTIOXIDANTS. ANTIOXIDANTS HELP PROTECT THE BODY FROM DAMAGING FREE RADICALS THAT CAN CAUSE CONDITIONS LIKE HEART DISEASE AND CANCER. MUSHROOMS ARE RICH IN THE B VITAMINS: RIBOFLAVIN, NIACIN, AND PANTOTHENIC ACID. THE COMBINATION HELPS PROTECT HEART HEALTH. RIBOFLAVIN IS GOOD FOR RED BLOOD CELLS. NIACIN IS GOOD FOR THE DIGESTIVE SYSTEM AND FOR MAINTAINING HEALTHY SKIN.

**OLIVE OIL** - OLIVE OIL IS RICH IN HEALTHY MONOUNSATURATED FATS. IT CONTAINS LARGE AMOUNTS OF ANTIOXIDANTS, HAS STRONG ANTI-INFLAMMATORY PROPERTIES, MAY HELP PREVENT STROKES, IS PROTECTIVE AGAINST HEART DISEASE.

**PAPRIKA** - PAPRIKA IS A COLORFUL SPICE DERIVED FROM GROUND PEPPERS. IT OFFERS A VARIETY OF BENEFICIAL COMPOUNDS, INCLUDING VITAMIN A, CAPSAICIN, AND CAROTENOID ANTIOXIDANTS. THESE SUBSTANCES MAY HELP PREVENT INFLAMMATION AND IMPROVE YOUR CHOLESTEROL, EYE HEALTH, AND BLOOD SUGAR LEVELS, AMONG OTHER BENEFITS.

**PARSLEY** - CONTAINS MANY IMPORTANT NUTRIENTS, RICH IN ANTIOXIDANTS, SUPPORTS BONE HEALTH, CONTAINS CANCER-FIGHTING SUBSTANCES, RICH IN NUTRIENTS THAT PROTECT YOUR EYES, MAY IMPROVE HEART HEALTH.