

# Stuffed Sweet Potato

Light yet filling. Very versatile dish. You can also add beans, replace quinoa with millet or amaranth, add salsa or steamed veggies.

## Categories

Gluten-free

Yields: 4 servings

Preparation time: 8 mins

Cooking time: 30 mins

Category: Entrees



## Ingredients

Yams, sweet potato type, boiled	4 medium - 2" diameter x 5"
Quinoa, cooked	1 cup
Avocado, black skin (hass)	2 each
Onion, white, yellow or red, raw	1 medium - 2 1/2" diameter
Tomato raw (includes cherry, grape, Roma)	1 small - 2 2/5" diameter
Lemon juice, fresh	1 tablespoon
Salt, sea salt	1/2 teaspoon
Garlic, fresh	1 clove

## Instructions

1. Wash potatoes and poke holes in them with a fork on all sides. Place in a pot with steamer or in boiling water. Do not completely cover potatoes with water if not using a steamer and keep an eye on water content. Cook about 15 - 20 minutes until they are soft and edible.

3. Cook 1 cup quinoa separately as per package instructions.

4. Preheat oven to 350 F.

5. While potatoes and quinoa are cooking prepare guacamole. Use ripened black avocados - 1 1/2 or 2 should be enough. Place avocados in a small bowl and mash. Add minced onion and pressed or minced garlic, tomato cut into small pieces and about 1 tbsp freshly squeezed lemon or lime juice. Add more or less to taste. Add salt and mix to combine. Set aside.

6. Remove potatoes from pot and place in shallow baking tray. Bake for about 10 minutes turning after 5 minutes.

7. Remove potatoes from oven. Cut lengthwise flake a little with a fork. Add quinoa and top with guacamole.

Feel free to add refried beans or other veggies. And maybe a spoonful of salsa on top.