Sweet Potato Taco Boats

Servings 4 | Prep time 5 mins. | Total time 15 mins.

Equipment:
Cutting board
Microwave-safe dish large enough to hold sweet potatoes
Large frying pan
Spatula or mixing spoon

Utensils:
Knife
Fork
measuringcups and spoons

Ingredients

4 small sweet potatoes
1/2 pound lean (85% or leaner) ground beef OR turkey
2 carrots, peeled and chopped
1 medium onion, chopped
1 cup frozen corn
1/2 packet reduced sodium taco seasoning OR 2 tablespoons Celebrate Your Plate Taco Seasoning
1/4 cup fresh cilantro, chopped (optional)

Instructions

1. Before you begin, wash your hands, surfaces, tops of cans, utensils, and vegetables.
2. Poke each sweet potato several time with a fork. Place potatoes in microwave-safe dish and microwave on high for 10 minutes. Turn sweet potatoes over half way through the cooking time.
3. While potatoes are cooking, cook ground beef or turkey, carrots, and onion in a frying pan over medium heat until no pink remains in ground beef or turkey, about 6 minutes. Drain fat into a paper towel-lined bowl and throw away.
4. Add frozen corn and taco seasoning. Cook for an additional 2 minutes.
5. Split tops of sweet potatoes lengthwise, as you would a baked potato. Fluff potatoes with a fork, top with the beef mixture, and top with cilantro (if using).

Nutritional Information:
Calories 210
Total Fat 6g
Sodium 115mg
Total Carbs 28g
Protein 13g

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