



# Sweet Potatoes Taco Boats

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

## Equipment:

Cutting board

Microwave-safe dish large enough to hold sweetpotatoes

Frying pan

Spatula or mixing spoon

Measuring cups and spoons

## Utensils:

Knife

Fork

## Ingredients

4 small sweet potatoes

½ pound 85% lean ground beef or turkey

2 carrots, peeled and chopped

1 medium onion, chopped

1 cup frozen corn

½ packet taco seasoning OR CYP Taco Seasoning blend

¼ cup cilantro, chopped (optional)

## Instructions

1. Before you begin, wash your hands, surfaces, vegetables, tops of cans (if using), and utensils.
2. Poke each sweet potato several times with a fork, place in a microwave safe dish, and microwave on high for 10 minutes. Turn sweet potatoes over halfway through the baking 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 the 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 and cook for an additional two minutes.

5. Split tops of sweet potatoes lengthwise, as you would a baked potato. Then, 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