



55 E. Galena St. Butte, MT 59701

Loaded Sweet Potato Boats

From getfreshcooking.com

Makes 8 servings

Ingredients

- 8 x 4 oz Sweet Potatoes
- 2 cans black beans- drained and rinsed
- 1 lb Ground bison
- 2 T Taco seasoning
- ½ c Fiesta blend cheese- reduced fat
- 2 8 oz cans green chilies- drained and rinsed
- 1 c Green onion- chopped
- ½ c Cilantro- chopped, optional

Directions

1. Turn oven on to broil. Using a fork, pierce sweet potatoes several times and cook in the microwave for 4-5 minutes or until tender.
2. In a skillet on medium heat, cook the bison until cooked through.
3. Add taco seasoning, black beans and green chilies to the skillet and heat through.
4. Slice the sweet potato lengthwise and scoop out about 2 T from each sweet potato leaving 1/4-1/2 inch flesh around the outside. Reserve the mash for another recipe or add in to the mixture in the skillet.
5. Place sweet potatoes face up on a baking sheet. Fill evenly with meat and bean mixture. Top evenly with cheese.
6. Place in the oven under broiler to melt the cheese.
7. Top with green onions and cilantro if desired.

Nutrition per serving

Calories	264.29kcal	13%
Total Fat	6.56g	9%
Carbs	30.13g	12%
Sugars	4.68g	5%
Protein	19.34g	39%
Sodium	573.39mg	29%
Fiber	7.55g	27%

Percent Daily Values based on a 2,000 calorie diet.