

Amazing Stuffed Sweet Potatoes



INGREDIENTS

4 medium sweet potatoes
 ½ cup green peas, steamed
 2 Tbsp. minced scallions
 ¼ cup slivered almonds
 Balsamic Date Glaze – see below
 Black pepper to taste

BALSAMIC DATE GLAZE:

Soften ½ cup pitted dates by soaking in ¾ cup warm water for 10 minutes. In blender combine dates, their water and balsamic vinegar. Process until smooth and bring mixture to a boil. Simmer until glaze is reduced and thickened, stirring frequently.

DIRECTIONS

1. Preheat oven to 400 degrees. Place the sweet potatoes on a baking sheet lined with a silicone mat or parchment paper. Prick each potato with a fork and bake until tender, about 1 hr.
2. Make balsamic date glaze while sweet potatoes cook.
3. Cool potatoes slightly. Cut each sweet potato in half lengthwise and scoop out the insides of the potatoes into a bowl, leaving about ¼ inch of potato attached to the skin. Add the peas and scallions and mix well. Spoon the mixture into each half and return the stuff sweet potatoes to the oven to heat through.
4. Sprinkle with almonds, drizzle with Balsamic Date Glaze and add black pepper to taste.

NUTRITION FACTS *4 servings*

Calories: 265	Total Carbohydrate: 62 g
Fat: .3 g	Dietary fiber: 5 g
Sodium: 22 mg	Protein: 5 g

Ratatouille



INGREDIENTS

1 onion, sliced thin
 2 garlic cloves, minced
 3 Tbsp. olive oil
 3 cup eggplant, cut into ½ inch pieces
 1 small zucchini, cut into thin slices
 1 red bell pepper, chopped
 1¼ cup coarsely chopped ripe tomatoes
 ¼ tsp. oregano
 ¼ tsp. thyme
 ½ tsp. salt
 ½ cup shredded fresh basil

DIRECTIONS

1. Cook onion and garlic in part of the oil over low heat. Add the remaining oil and cook the eggplant for approximately 8 minutes.
2. Stir in zucchini and bell pepper and cook for 12 minutes. Stir in tomatoes and cook another 5-7 minutes. Stir in spices and cook 1 more minute.
3. At the end stir in basil and combine well.



NUTRITION FACTS *4-6 servings*

Calories: 171	Total Carbohydrate: 12 g
Fat: 11 g	Dietary fiber: 4 g
Sodium: 300 mg	Protein: 2 g