



Stuffed Sweet Potato & Hummus Dressing

Serve up this delicious dish for a heart healthy meal!

This recipe serves 1-2.

INGREDIENTS

- 1 large sweet potato
- 3/4 cup chopped kale (or spinach)
- 1 cup canned black beans, rinsed
- 1/4 cup hummus
- 2 tbsp water

DIRECTIONS

- Prick sweet potato all over with a fork. Microwave on High until cooked through, 7 to 10 minutes.
- Meanwhile, wash kale and drain, allowing water to cling to the leaves. Place in a medium saucepan; cover and cook over medium-high heat, stirring once or twice, until wilted. Add beans; add a tablespoon or two of water if the pot is dry. Continue cooking, uncovered, stirring occasionally, until the mixture is steaming hot, 1 to 2 minutes.
- Split the sweet potato open and top with the kale and bean mixture. Combine hummus and 2 tablespoons water in a small dish. Add additional water as needed to reach desired consistency. Drizzle the hummus dressing over the stuffed sweet potato.