



Sweet Potato Boats

Ingredients:

- 5 sweet potatoes, washed very well
- 1.5 lb ground chicken
- 1 package of frozen spinach, thawed and dried very well
- 1 tomato, chopped very fine
- 1 tsp olive oil

Directions:

1. Preheat oven to 425 degrees
2. Using a fork, poke holes all around the sweet potatoes
3. Wrap the sweet potatoes in foil onto a baking sheet or tin, and place in oven for about 1 hour, or until very soft
4. While potatoes are baking, heat oil in a pan over medium heat and brown the ground chicken; remove from stove once browned
5. In the same pan (not cleaned), sauté spinach
6. Once potatoes are fully cooked pile with a heaping spoonful of ground chicken, and small handful of spinach
7. Top with chopped tomatoes (would leave this out for beginner eaters)

Cookware needed:

- Baking sheet or tin
- Medium size pan

Cost: \$ \$

Ease:



Health Benefit: Sweet potatoes are full of wonderful nutrients such as beta-carotene (which later converts into vitamin A) - important for our eyes, vitamin C- important for our immunity, and potassium- important for fluid balance and muscle contractions. It is also a great complex carbohydrate to provide healthy fuel! Adding ground chicken is important for lean protein, and spinach is a great source of calcium!