

## **Sweet Potato Skins**

Recipe courtesy of Food Network Kitchen

Sweet Potato Skins

Total Time:

2 hrs. 40 min

Prep:

10 min

Inactive:

1 hrs.

Cook:

1 hrs. 30 min

Yield: 8 servings (3 pieces per person)

Level: Easy

Ingredients

6 medium sweet potatoes (about 2 1/2 pounds)

3-tablespoon extra-virgin olive oil

1 cup shredded part-skim mozzarella

2 tablespoons grated Parmesan

2 scallions, thinly sliced

½ cup salsa Verde

1/2 avocado, pitted and cut into small pieces

1 cup black bean chips, crushed

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Directions

Position an oven rack in the top of the oven, and preheat to 350 degrees F. Put the sweet potatoes on a rimmed baking sheet, and bake until fork-tender, 40 to 50 minutes. Let cool completely. (The potatoes can be baked, cooled and refrigerated a day ahead.) Split each in half lengthwise, and scoop out most of the flesh, leaving about a 1/4-inch border all around. (Save the scooped-out flesh for making mashed sweet potatoes later.)

Preheat the oven to 400 degrees F. put a rack on a rimmed baking sheet. Arrange the potato skins skin-side up on the rack, and brush with 2 tablespoons of the oil. Bake until the skins are slightly browned, 20 to 30 minutes. Let cool completely, then cut each in half crosswise.

Arrange the pieces skin-side down on the rack, and sprinkle each with mozzarella, Parmesan and scallions. Bake until the mozzarella melts, 8 to 10 minutes. Remove the potato skins from the oven, and drizzle with the remaining tablespoon of oil. Top each with some salsa Verde and avocado. Sprinkle with crushed chips.

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From Food Network Kitchen



Read more at: <http://www.foodnetwork.com/recipes/food-network-kitchens/sweet-potato-skins.print.html?oc=linkback>

### **Bean Salad**

1 15oz can black eyed peas  
1 15oz can whole kernel corn  
1 15oz can chickpeas  
1 15oz can spicy chili beans  
Rinse all the peas and beans put in a large bowl

1 red bell pepper chopped  
1 green bell pepper chopped  
1lg (or 2 small) jalapeno pepper seeded and chopped  
1 red onion chopped  
1 pint grape tomatoes chopped  
Add to the bowl

Dressing: in a smaller bowl  
1/2 cup red wine vinegar  
1 TBS balsamic vinegar  
Salt & pepper to taste  
1 TBS Dijon mustard  
1/4 tsp. sugar  
1/4 cup olive oil  
Wisk the dressing pour over beans and toss

### **The Great Greek Pizza**

PER SERVING (entire recipe): 277 calories, 4.75g fat, 990mg sodium, 38g carbs, 8.5g fiber, 4.5g sugars, 19g protein -- *POINTS®* value 5\*

#### *Ingredients:*

1/2 cup chopped spinach, thawed from frozen, squeezed dry  
2 tbsp. crumbled fat-free feta cheese  
1/2 tsp. crushed garlic  
1 stick light string cheese

1 whole-wheat or high-fiber pita  
3 tbsp. canned crushed tomatoes  
2 thin slices red onion, rings separated and halved  
1 tbsp. sliced black olives  
4 slices plum tomato  
Dash dried oregano *or* 1/4 tsp. fresh oregano  
Optional: salt and black pepper

***Directions:***

Preheat oven to 375 degrees.

In a medium bowl, combine spinach, feta cheese, and garlic. Mix well and set aside.

Break string cheese into thirds and place in a food processor or blender -- blend at high speed until cheese takes on a shredded or grated consistency. (Or just tear string cheese into pieces and roughly chop.) Set aside.

Spray a baking sheet with nonstick spray, and lay pita in center. Spread crushed tomatoes over the pita, leaving a 1/2-inch border around the edge. Evenly top with spinach-feta mixture, and then cover with shredded/grated string cheese.

Place onion, olive, and tomato slices on top of your "pizza," and sprinkle with oregano.

Bake in the oven for 8 - 10 minutes, until pizza is hot and string cheese has melted.

If you like, season to taste with salt and pepper. Cut into wedges, and enjoy!

**BUFFALLO CHICKEN TENDERS**

Flour  
Cayenne Red Pepper  
Seasoned breadcrumbs  
1lg or 2 small Frank's Red Hot Buffalo Wing Sauce  
6 eggs  
Chicken tenders

Add red pepper to flour. Coat chicken with flour mixture. Mix 1/2 lg. or 1 small Frank's sauce to eggs and combine. Dip floured chicken into egg mixture then dip in bread crumbs. Use a non stick pan. Coat with cooking spray. Brown lightly. Remove from

pan and place in shallow casserole. Coat with other bottle or ½ Frank's sauce. Bake 350 20 min.

### **BLUE CHEESE DRESSING**

Blend 3 oz. Gorgonzola or blue cheese, crumbled in a bowl with 3 oz. of softened low-fat cream cheese. Stir in ½ cup Greek yogurt, ½ cup half n half, ½ teaspoon Worcestershire sauce, ¼ teaspoon garlic powder, and ¼ teaspoon dry mustard. Beat until fluffy and chill.

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