



loaded sweet potatoes with tzatziki

cook time:
60

prep time:
20

featured product:
**POWERHOUSE
SPINACH BLEND**

a delicious and nutritious baked sweet potato that won't weigh you down!
topped with sauteed onions and spinach, chickpeas, and creamy tzatziki.



ingredients

4 servings

1 package (5oz)

organicgirl? POWERHOUSE SPINACH BLEND ?

4 medium sweet potatoes

1 cup plain Greek yogurt

½ english cucumber, diced

2 tablespoons extra-virgin olive oil, divided

1 tablespoon minced fresh dill

1 tablespoon minced fresh mint

1 tablespoon red wine vinegar

1 teaspoon fine sea salt, divided

1 small onion, thinly sliced

2 garlic cloves, thinly sliced

15oz can chickpeas, drained and rinsed

substitutions

? *substitute with* **SUPERGREENS!**

directions

1. preheat oven to 400°.
2. place sweet potatoes directly on center oven rack, and place a baking sheet on rack below. roast until tender, 45-60 minutes.
3. while potatoes roast, in a medium bowl stir together yogurt, cucumber, 1 tablespoon olive oil, dill, mint, vinegar, and ½ teaspoon salt. set aside.
4. meanwhile, heat remaining 1 tablespoon olive oil in a large skillet over medium heat. add onion and sauté until softened, 6-8 minutes. add garlic and cook 1 minute more. stir in spinach, chickpeas, and remaining ½ teaspoon salt and cook until spinach is wilted.
5. cut a slit in top of each potato and top with spinach mixture. drizzle with tzatziki.