

Stuffed Sweet Potato with Hummus Dressing

Ingredients

- 1 large sweet potato, scrubbed
- ¾ cup chopped kale
- 1 cup canned black beans, rinsed
- ¼ cup hummus
- 2 tablespoons 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.

Recipe Courtesy of Eating Well