



Pesto Chicken Stuffed Sweet Potatoes

4 servings

1 hour

Ingredients

1/4 cup Cashews
4 Sweet Potato (small)
8 ozs Chicken Breast
1 cup Baby Spinach
1/3 cup Basil Leaves
1 Garlic (clove, minced)
1 tsp Extra Virgin Olive Oil
1 tsp Sea Salt
1/4 cup Nutritional Yeast

Directions

- 1 Boil enough water to cover the cashews. Pour the water over the cashews and allow them to soak while you prepare the potatoes.
- 2 Preheat the oven to 400°F (204°C). Place the sweet potatoes and chicken on a baking sheet. Cook for 40 to 45 minutes, or until cooked through.
- 3 While the potatoes and chicken cook, make your pesto. Drain the cashews and place them into a blender or food processor along with the spinach, basil, garlic, olive oil, sea salt and nutritional yeast. Blend until smooth.
- 4 Once the chicken and sweet potatoes are cooked through, remove from the oven and place the chicken into a small bowl. With two forks, shred the chicken until completely pulled. Add the pesto to the chicken and mix together until evenly combined.
- 5 Stuff each sweet potato with the shredded chicken. Enjoy!

Nutrition

Amount per serving	
Calories	277
Fat	7g
Saturated	1g
Trans	0g
Carbs	33g
Fiber	6g
Sugar	6g
Protein	21g
Cholesterol	41mg
Sodium	720mg
Calcium	66mg
Iron	3mg
Vitamin D	1IU
Vitamin E	1mg
Vitamin B6	8.4mg
Vitamin B12	33.9µg