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Side Dish

Cranberry and Spinach Sweet Potatoes

Helpful Hints

Eat the sweet potatoes with the peel to get more fiber, iron, and potassium.

Sweet potatoes are fat free, so why load them up with butter and sugar? Keep it light and healthy with fruits and veggies.

Cranberry and Spinach Sweet Potatoes

Serves 4

Ingredients

Cooking spray
4 medium sweet potatoes
1 tablespoon vegetable oil
1 teaspoon garlic powder
6 cups fresh spinach
4 tablespoons dried
cranberries
 $\frac{1}{3}$ cup pecans, chopped

Directions

1. Preheat oven to 400 degrees F. Line baking sheet with foil. Spray foil with cooking spray.
2. Pierce each sweet potato a few times with a knife, and bake on baking sheet for 50 minutes or until soft. Allow sweet potatoes to cool slightly.
3. When sweet potatoes have about 15 minutes left to cook, prepare spinach. Add oil, garlic powder, and spinach to skillet. Sauté until spinach is wilted (2 to 3 minutes). Let potatoes cool slightly, carefully slice them
4. open from end to end, but do not slice through the bottom of the potato. Use a fork to lightly mash the insides. Divide the spinach among the four potatoes. Top each potato with cranberries and pecans.