



Shepherd's Pie Sweet Potato Skins



1/2 of recipe (2 stuffed skins): 253 calories, 3.5g total fat (1g sat. fat), 545mg sodium, 38g carbs, 6g fiber, 11.5g sugars, 16.5g protein

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Prep: 15 minutes **Cook:** 25 minutes

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Ingredients

Two 10-oz. raw sweet potatoes
4 oz. raw extra-lean ground beef (at least 95% lean)
1 cup frozen petite mixed vegetables
1/4 tsp. garlic powder, divided
1/4 tsp. onion powder, divided
1/4 tsp. salt, divided
1/4 tsp. black pepper, divided
1/4 cup beef gravy

Directions

Preheat oven to 425°F. Spray a baking sheet with nonstick spray.

Pierce potatoes several times with a fork, and place them on a microwave-safe plate. Microwave for 4 minutes, or until partly softened. Flip potatoes, and microwave for 3–5 minutes, until soft on all sides.

Cut potatoes in half lengthwise. Carefully scoop out the pulp, leaving about 1/4 inch inside the skin. Reserve pulp for another use. Place potato skins on the baking sheet, and bake for 12–14 minutes. Set oven to broil. Broil until crispy, 1–2 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, veggies, and 1/8 tsp. of each seasoning. Cook, stir, and crumble until beef is fully cooked and veggies have thawed, 5–7 minutes.

Add gravy and remaining 1/8 tsp. of each seasoning to the skillet. Cook and stir until hot, about 1 minute.

Evenly distribute filling among the potato skins.

MAKES 2 SERVINGS

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