loaded sweet potatoes with tzatziki



cook time:	prep time:	featured product:
60	**20**	**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 tzatiki.

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.