



Makes 8 stuffed potato halves
Preparation Time: 30 minutes
Cook Time: 1 hours 15 minutes

INGREDIENTS:

4 large sweet potatoes, scrubbed and patted dry (about 3 lb.)

1½ cups chopped fresh cremini mushrooms (4 oz.)

½ cup chopped onion

2 stalks celery, sliced (½ cup)

2 cloves garlic, minced

2 15-oz. cans no-salt-added chickpeas, rinsed and drained

2 cups ½-inch whole wheat bread cubes, dried (see tip in intro)

½ cup chopped fresh parsley

1½ teaspoon poultry seasoning

Sea salt and freshly ground black pepper, to taste

¼ to ½ cup low-sodium vegetable broth

“Stuffed” Sweet Potatoes

These scrumptious stuffed sweet potatoes are worthy of center stage on a holiday table. Cremini mushrooms and chickpeas add lusciousness to a classic bread stuffing that is loaded with traditional flavor. This recipe requires only about 30 minutes of active prep time.

Tip: To dry bread cubes, spread them in a single layer in a baking pan. Let stand, uncovered, overnight. Or bake in a 300°F oven 10 to 15 minutes or until golden, stirring once or twice.

By Shelli McConnell

- 1** Preheat oven to 400°F. Prick sweet potatoes all over with a fork. Place in a 3-qt. rectangular baking dish. Bake about 45 minutes or until just tender when pierced with a knife. Let stand until cool enough to handle.
- 2** Meanwhile, for stuffing, in a large nonstick skillet cook mushrooms, onion, celery, and garlic over medium 5 minutes, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking.
- 3** In a food processor combine mushroom mixture and chickpeas; pulse until chopped. Transfer to a bowl. Add bread cubes, parsley, poultry seasoning, salt, and pepper. Drizzle with broth, tossing just until moistened.
- 4** Cut sweet potatoes in half lengthwise. Using a sharp knife, score around potato flesh, leaving a ¼-inch shell and being careful not to cut through skin. Score in a crisscross to make ½-inch cubes. Gently scoop cubes out with a spoon. If necessary, cut any large pieces in half to make smaller cubes. Add cubes to stuffing mixture in bowl; gently fold to combine.
- 5** Arrange potato skin shells in the baking dish. Spoon stuffing into shells. Bake, uncovered, about 20 minutes or until browned and heated through. To transport, place baking dish in an insulated carrier with a hot pack.