

BAKED SWEET POTATOES AND SHRIMP

Preparation Time: 10 - 15 minutes depending on amount

Cooking Time: 30 - 40 minutes depending on amount

Cooking Temperature: 400° Fahrenheit

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
Ingredients:				
Olive oil	½ Tbs.	1Tbs.	1 ½ Tbs.	2 Tbs.
Sweet potatoes, skin on, patted dry	1/3 Small	2/3 Small	1 Small	1 1/3 Small
Shrimp, steamed	10 Medium	20 Medium	30 Medium	40 Medium
Avocado, cut into small chunks	½ Small	1 Small	1 ½ Small	2 Small
Mayonnaise, low fat	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Water	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Tomato puree	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
To Serve:				
Ground paprika	¼ tsp.	½ tsp.	¾ tsp.	1 tsp.

Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.

Instructions:

- Preheat the oven.
- Drizzle the oil over each sweet potato, then rub it all over the skin. Put the potatoes on a baking sheet and into the oven, bake for 30 – 40 minutes or until tender and cooked through.
- Place the shrimp and avocado in a bowl and toss together. In a separate bowl mix the mayonnaise with the water until smooth, then add the tomato puree and mix until well blended. Add the shrimp and avocado and toss well to coat lightly.
- Remove the sweet potatoes from the oven. Split the hot potatoes and fill them with the shrimp mixture.
- Serve garnished with a pinch of paprika.

Tips to Reduce Preparation & Cooking Time:

- Cook the sweet potatoes in the microwave in order to decrease preparation time

Baked Sweet Potatoes and Shrimp - Analysis per Serving	
Energy:	
Calories (kcal):	291
Protein (g):	18.2
Total Fat (g):	12.2
Saturated Fat (g):	1.9
Monounsaturated Fat (g):	6.6
Polyunsaturated Fat (g):	2.8
Omega-3's (g):	0.3
Cholesterol (mg):	149.0
Carbohydrates (g):	28.1
Of which is sugars (g):	0.3
Fiber (g):	3.8
Sodium (mg):	236.0