

# STUFFED SWEET POTATO WITH HUMMUS DRESSING

## Ingredients

- **Serving Size: 2**
  - **1 large sweet potato, scrubbed**
  - **¾ cup chopped kale**
  - **1 cup canned black beans, rinsed**
  - **1/2 cup yellow onion**
  - **¼ cup hummus**
  - **2 tablespoons water**

## Instructions

1. Prick sweet potato all over with a fork. Microwave on High until cooked through, 7 to 10 minutes.
2. Meanwhile, wash kale and drain, allowing water to cling to the leaves. Place in a medium saucepan; cover and cook over medium-high heat, stirring once or twice, until wilted. Add beans and onion; add a tablespoon or two of water if the pot is dry. Continue cooking, uncovered, stirring occasionally, until the mixture is steaming hot, 1 to 2 minutes.
3. Split the sweet potato open and top with the kale and bean mixture. Combine hummus and 2 tablespoons water in a small dish. Add additional water as needed to reach desired consistency. Drizzle the hummus dressing over the stuffed sweet potato.