

# Baked sweet potatoes stuffed with spinach, feta and pepitas

vegetarian • nut free

Like all orange and yellow vegetables, sweet potatoes are an excellent source of the powerful antioxidant beta-carotene, which has been linked to a reduced risk of cancer and heart disease, and with potential anti-inflammatory properties.

1 Preheat the oven to 200°C (400°F). Prick the sweet potatoes well and roast for 40–50 minutes, turning once, until tender when pierced with a skewer.

2 Meanwhile, heat the olive oil in a large non-stick frying pan over low heat and cook the onion, stirring occasionally, for 8–10 minutes or until softened and light golden. Add the garlic and cook, stirring, for 1 minute. Add the spinach and stir until just wilted. Remove from the heat, add the feta, raisins and seeds and season to taste with sea salt and freshly ground black pepper.

3 Cut a slit in each baked potato. Mash the flesh lightly with a fork and spoon the filling into the potatoes.

Preparation time: 15 minutes

Cooking time: 50 minutes

Serves 4

4 small sweet potatoes (about 200 g/7 oz each), scrubbed

1 tablespoon olive oil

2 large red onions, thinly sliced

2 garlic cloves, thinly sliced

100 g (2¼ cups) baby English spinach leaves

50 g (1¾ oz) feta cheese, crumbled

2 tablespoons seedless raisins

1 tablespoon pepitas (pumpkin seeds), lightly toasted

1 tablespoon sunflower seeds,  
lightly toasted