Twice Baked Sweet Potato
By: Anna Bramwell, JWU Student, Senior in Culinary Nutrition & Clinical Dietetics

*Sweet potatoes filled with a fun, savory mixture.*

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Yield: 4 servings

Method of Preparation:

1. Preheat oven to 375°. Poke potatoes with a fork and coat with oil. Place on foiled sheet pan and cook for 1 hour or until fork tender.
2. In a pan, sauté onions, black beans, corn, and spinach until tender; about 5-7 minutes.
3. Cut a thin layer off the top of each potato lengthwise. Scoop sweet potato filling into a bowl.
4. Mash sweet potato filling until smooth, then add sautéed ingredients and garlic powder and mix until evenly combined.
5. Fill baked potatoes with sweet potato mixture and place back on the baking sheet. Top with shredded cheddar cheese. Bake until cheese is melted and outside is a golden brown; about 10-15 minutes.
6. Finish with chopped chives and salt and pepper.

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Ingredients:

- 4 Small sweet potatoes
- Olive oil, as needed
- 1 Onion, sliced
- ½ cup Black beans
- ½ cup Corn
- 1 cup Fresh spinach chopped
- ¼ tsp Garlic powder optional
- ¼ Cheddar cheese, shredded
- ¼ cup Chives, chopped
- Salt and pepper to taste
**Nutritional Analysis:** Per serving

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One Pot Cajun Shrimp
By: Anna Bramwell, JWU Student, Senior in Culinary Nutrition & Clinical Dietetics

Flavorful one pot dish.

Yield: 4 servings

Method of Preparation:

1. Cook rice in a rice cooker or sauce pan in 2 cups chicken broth for about 15-20 minutes or until water is evaporated and rice is soft.
2. In a medium bowl, toss shrimp in 3 teaspoons of the Cajun seasoning and red pepper flakes.
3. Over medium heat, sauté onion and bell pepper until soft, about 5 minutes.
4. Add shrimp to the skillet in a single layer and sear on both sides, about 2-4 minutes.
5. Serve with basmati rice, finish with salt and pepper, and enjoy!

Ingredients:

1 cup Basmati rice
2 cups Low-sodium chicken broth
1-pound shrimp, deveined
3 tsp. Cajun seasoning
1 tsp. Crushed dried red chili flakes
Olive oil, as needed
1 Onion, diced
1 Bell pepper, diced
Salt, as needed
Pepper, as needed
**Nutritional Analysis:** Per serving

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