

Twice Baked Sweet Potato

By: Anna Bramwell, JWU Student, Senior in Culinary Nutrition & Clinical Dietetics

Sweet potatoes filled with a fun, savory mixture.



Yield: 4 servings

Method of Preparation:

Ingredients:

4 Small sweet potatoes
Olive oil, as needed
1 Onion, sliced
½ cup Black bean
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

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.

Nutritional Analysis: Per serving

Calories:	240 kcal	Fiber:	3 g	Sugar:	4 g
Total Fat:	3 g	Cholesterol:	15 mg	Sodium:	260 mg
Saturated Fat:	1 g				
Protein:	5 g				
Carbohydrates:	22 g				

One Pot Cajun Shrimp

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Flavorful one pot dish.



Yield: 4 servings

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

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!

Nutritional Analysis: Per serving

Calories:	350 kcal	Fiber:	2 g	Sugar:	3 g
Total Fat:	2 g	Cholesterol:	244 mg	Sodium:	1,100 mg
Saturated Fat:	1 g				
Protein:	30 g				
Carbohydrates:	40 g				