



Spinach and Seven Grain Stuffed Sweet Potatoes

Ingredients:

- 4 medium sweet potatoes
- 2 tablespoons olive oil
- ½ cup yellow onion, chopped
- 1 tablespoon minced garlic
- Salt and pepper, to taste
- 6 cups baby spinach
- 1 package Nature's Earthly Choice™ Microwavable Seven Grains
- ¼ cup feta or goat cheese
- ¼ cup dried cranberries

Directions:

1. Preheat the oven to 375 degrees Fahrenheit. Stab the sweet potatoes with a fork to let steam escape. Transfer to a baking sheet and cook for 55 to 65 minutes or until soft and easily pierced with a fork.
2. Just before the sweet potatoes are ready, warm the olive oil in a medium saucepan. Cook the onion until tender, about 5 to 7 minutes.
3. Add the garlic, spinach, salt, and pepper. Cook until the spinach is wilted, about 3 to 5 minutes. Squeeze the pouch of grains to break them up and add to the pan. Cook until heated through. Remove from the heat and mix in the feta cheese and dried cranberries.
4. With a knife, cut a slit in each baked potato. Use a spoon to separate the insides from the skin. Mash up and stuff with the spinach-grain mixture.