

Loaded Curry Sweet Potatoes

Ingredients

1

LeafSide Sweet Potato Dal soup

2

baked sweet potatoes (recommend garnet or jewel)

1/2 bunch

cilantro

1

lime

as desired

plant based yogurt/sour cream† (recommend unsweetened)

Simplify your life by getting complex - complex carbohydrates, that is! These radiant root vegetables also provide fiber & beta carotene in a package that's easy to bake ahead of time to prepare for this meal. Just pour our thick dal, or lentil based spiced stew, on top of bright orange potatoes, and rejoice in a vibrant mixture of sweet & savory seasonings!

Makes 2 Whole Stuffed Potatoes

PREP TIME: 10 minutes • COOK TIME: 5 minutes

wheat free

◇ Tools Needed: microwave

1. Prepare LeafSide's Sweet Potato Dal soup as directed.
2. Warm pre-baked sweet potatoes in the microwave.
3. Chop cilantro & slice a lime into quarters.
4. Cut sweet potato down the center & fill with the LeafSide meal.
5. Add chopped cilantro, lime juice to taste, and top with yogurt as desired.

Other suggested toppings: cashews, coconut, green onions, shallots, peas, chickpeas, fresh ginger, fresno chile pepper, red pepper flakes, cauliflower, Indian eggplant, spinach, tomatoes

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Unique Whole Plant Foods



Prepare several of LeafSide's Sweet Potato Dal soups & offer a baked potato bar for a fun family or friends dinner where everyone can choose their favorite toppings. (Recommend baking the potatoes ahead of time.)

Sweet Benefits

Sweet potatoes need not excuse themselves for multiple puns in their name: they're delicious, versatile (whole, sliced, diced; boiled, baked, roasted, or air-fried), filling (complex carbs satisfy you and your microbiome), highly nutritious, and a terrific value. Their bright-colored flesh (most commonly orange, but try purple sweet potatoes too) hints at a treasure trove of antioxidants and phytonutrients, available even more so in their skins.¹¹ You can easily swap them into any recipe that uses their commoner cousin of regular potatoes, winning more nutrition for your time and effort.

† see recommended brands



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