

Spinach Mushroom Sweet Potatoes

Yield: 2 Servings **Author:** Lauren

Prep time: 5 hour Cook time: 10 M Total time: 5 H & 10 M

Sweet Potatoes topped with sauteed spinach and mushrooms and some Parmesan cheese

INGREDIENTS:

- 2 Large Sweet Potatoes
- 2 cups Chopped Mushrooms
- 4 cups Baby Spinach
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/4 tsp Salt
- 1 Tbsp Balsamic Vinegar
- 4 Tbsp Reduced Fat Grated Parmesan Cheese

INSTRUCTIONS:

1. Wash and pierce each potato a few times with a fork and place on a microwave safe plate
2. Microwave for 10 minutes or until potatoes are soft
3. While potatoes are cooking, Add the mushrooms to a large skillet over medium heat
4. Stir in balsamic vinegar and cook until mushrooms are cooked through, about 6 minutes
5. Add in spinach and cook until wilted. Add in the garlic powder, onion, powder, and salt. Stir and set aside.
6. Cut each potato open and fluff the insides with a fork
7. Split the spinach and mushroom mix between the two potatoes and top each one with 2 Tbsp of Parmesan Cheese