



## Pesto Chicken Stuffed Sweet Potatoes

4 servings

1 hour

### Ingredients

- 1/4 cup Cashews
- 4 Sweet Potato (small)
- 8 ozs Chicken Breast
- 1 cup Baby Spinach
- 1/3 cup Basil Leaves
- 1 Garlic (clove, minced)
- 1 tsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1/4 cup Nutritional Yeast

### Nutrition

Amount per serving	
Calories	277
Fat	7g
Saturated	1g
Trans	0g
Carbs	33g
Fiber	6g
Sugar	6g
Protein	21g
Cholesterol	41mg
Sodium	720mg
Calcium	66mg
Iron	3mg
Vitamin D	1IU
Vitamin E	1mg
Vitamin B6	8.4mg
Vitamin B12	33.9µg

### Directions

- 1 Boil enough water to cover the cashews. Pour the water over the cashews and allow them to soak while you prepare the potatoes.
- 2 Preheat the oven to 400°F (204°C). Place the sweet potatoes and chicken on a baking sheet. Cook for 40 to 45 minutes, or until cooked through.
- 3 While the potatoes and chicken cook, make your pesto. Drain the cashews and place them into a blender or food processor along with the spinach, basil, garlic, olive oil, sea salt and nutritional yeast. Blend until smooth.
- 4 Once the chicken and sweet potatoes are cooked through, remove from the oven and place the chicken into a small bowl. With two forks, shred the chicken until completely pulled. Add the pesto to the chicken and mix together until evenly combined.
- 5 Stuff each sweet potato with the shredded chicken. Enjoy!