

CHEESY SWEET POTATO JACKETS (V)

Serves 4

Per serving: 173 calories, 4.2g fat

Protein: 12.4g

Carbohydrate: 20.2g

Fibre: 3.5g

Prep time: 10 minutes

Cook time: 60 minutes (oven)

or approx. 15 minutes (microwave)

INGREDIENTS

4 small sweet potatoes (approximately 100g each)

100g fat-free or low-fat cottage cheese

4 spring onions, finely sliced

1 tbsp fresh chives, finely chopped

100g 50% reduced-fat mature Cheddar cheese, grated

1 tbsp extra-light mayonnaise

Sea salt (optional)

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Wash and prick the sweet potatoes with a fork. Bake in the oven for 60 minutes or until tender. To crisp up the skins, lightly spray the potatoes with water and sprinkle with sea salt before baking in the oven – the water will help the salt stick to the surface. Alternatively, place in a microwave dish and microwave on full power for approx 10 minutes.
3. Mix together the cottage cheese, spring onions, chives, grated Cheddar and extra light mayonnaise.
4. When the potatoes are cooked cut them in half and fluff them up lightly with a fork. Spoon the filling on top, return to the oven for 5 minutes to allow the cheese to melt. Serve hot with a salad.

