



# QUINOA AND BACON STUFFED SWEET POTATOES

## QUICK INFORMATION

TIME



50 MIN

SERVES



6

CALORIES



464.5

GLUTEN FREE



RECIPE

## INGREDIENTS

- 1 cup cooked Lundberg Tri-Color Blend Quinoa
- 1/4 cup chopped white onion
- 1 lb thick-cut bacon
- 1 Tbsp. rosemary
- 6 medium sweet potatoes
- 1/4 tsp. salt
- 1/4 tsp. fresh ground pepper

## NUTRITIONAL FACTS

Serving Size: 1 potato

### AMOUNT PER SERVING

**Calories** 464.5      Calories from Fat

**Total Fat** 33g  
Saturated Fat 12g

**Cholesterol** 40mg

**Sodium** 553

**Carbohydrates** 31g  
Fiber 5g  
Sugar 10g

**Protein** 13g

## PREPARATION

Cook Lundberg Tri-Color Quinoa Blend according to package instructions.

Preheat oven to 400°.

Spread bacon on two large baking sheets and cook in oven for 12 to 15 minutes until crisp.

Place sweet potatoes on a baking sheet on middle rack and cook for 30 minutes.

Coarsely chop bacon and mix with onion, quinoa, rosemary, salt and pepper in a large bowl.

Remove sweet potatoes from the oven and split each potato in half. Potatoes will be hot (use an oven mitt or fork to hold each potato while cutting).

Remove the center from each sweet potato half with a spoon. Chop into 1/4 inch cubes and add to the bacon-quinoa mixture in the bowl.

Fill sweet potato with bacon-quinoa mixture, return to oven and bake an additional 15-20 minutes until sweet potatoes are tender.