



Creamy Sweet Potato Side

When you want mashed potatoes don't reach for that box of bland flakes, or the butter laden pre-made stuff...just whip up a quick batch of Creamy Sweet Potato Side. It's creamy and satisfying while being healthier than a plain white potato. These little "orange wonders" are ranked very high in nutritional value because of their fiber, protein, vitamins A and C, iron and calcium. One half cup serving, with a little extra boost of chia for fiber, a salad and a lean protein, and you can have something a little creamy and a little zippy on the side. This recipe makes two portions.

Ingredients

- 1 medium sweet potato
- ¼ to 1/3 cup shredded low fat pepper jack cheese
- 2 tablespoons lime juice
- 1 tablespoon your favorite salsa
- 1 tablespoon dry chia
- ¼ cup low fat plain yogurt

This is a quick & easy chia side dish!

Wash and prick the skin of the sweet potato. Microwave the sweet potato for about 5-6 minutes or until it is soft throughout. Cut open and let it cool a few minutes so that you can handle it. Scoop out the flesh into a microwaveable container. Add the pepper jack cheese, lime juice, salsa and the yogurt. Stir to combine. The cheese will melt a little in the potato. The lime juice and salsa help lighten it up while the cheese adds great texture. When ready to serve reheat and enjoy this treat.

You can eat this as a side with a fork...

Or you can treat it as a tasty dip! This is delicious with veggie sticks or crackers of your choice. Use it as a party dip, or just serve it as a healthy dip with a regular dinner and let the family dig in. If you're having it for a family dip dinner, you'll probably want to double the recipe so you have enough to go around.