



Photo: Mitch Mandel

South-of-the-Border Loaded Sweet Potato

From "The Biggest Loser Quick And Easy Cookbook"

When I'm cooking for myself, I prepare this potato with medium salsa, and it has a nice kick. Feel free to use mild or hot, as many of the contestants do. When it comes to topping the potato with salsa, start out with 1/3 cup of fresh salsa and drain the liquid from it. It will likely only be about 1/4 cup (maybe a bit more) in the end. Note that the toppings won't fit inside the potato--they will spill out over the top, making it even more decadent to eat!

- 1 (8-ounce) sweet potato
- 4 ounces extra-lean ground turkey
- 3/4 teaspoon all-natural salt-free fajita or Southwest seasoning
- Olive oil spray (propellant free)
- 1/3 cup fresh salsa, drained
- 2 tablespoons jarred all-natural roasted green salsa
- 2 tablespoons fat-free Greek yogurt

Using a fork, poke the potato 5 times on all sides and place it in a microwave-safe bowl or dish. Cover the dish loosely with a paper towel. Microwave it on high for 3 minutes. Carefully flip the potato (it will be very hot) and continue microwaving for 2 to 4 minutes longer, or until cooked and tender.

Meanwhile, in a small bowl, mix the turkey and seasoning. Place a small nonstick skillet over medium-high heat. When hot, lightly mist it with the olive oil spray. Cook the turkey for 3 to 4 minutes, or until no longer pink, breaking it into bite-size chunks as you do.

Cut an opening in the potato that stretches 1" from each end of the potato and deep enough to open the potato completely without cutting it in half. Put it in a medium shallow bowl. Stuff the potato with the fresh salsa, then the turkey, then the green salsa. Top it with the yogurt. Serve immediately.

Makes 1 serving

Per serving: 342 calories, 35 g protein, 47 g carbohydrates (13 g sugar), 2 g fat, trace saturated fat, 45 mg cholesterol, 8 g fiber, 304 mg sodium

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