

Dinner | Side

Twice Baked Sweet Potatoes with Goat Cheese and Herbed Lentils

20 Mins
Prep Time

60 Mins
Cook Time

4
Servings

 **297** Calories **11g** Fat **40g** Carbs **13g** Protein

Ingredients

 **4 Servings**  **80 Mins Total Time**  **Allergens: Dairy**

4 Medium Sweet Potatoes, **washed** 

3 Cups Low-Sodium Chicken Broth

$\frac{3}{4}$ Cup Green Lentils, raw 

1 Tbsp Olive Oil

1 Bunch Green Onion, **washed** and thinly sliced (green parts only)

4 oz Crumbled, **Pasteurized** Goat Cheese, divided

3 Tsp Chopped Fresh Herbs, **washed** (thyme, sage, basil, oregano, etc.)

Salt and Pepper, to taste

Allergen Swap

Dairy Replace goat cheese with silken tofu



Nourishment Note



Lentils

Lentils are a good plant-based protein source. Protein needs may be higher with HIV.



Sweet Potatoes

Sweet potatoes are loaded with beta carotene, which is turned into vitamin A in the body. Vitamin A is critical for a healthy immune system.



Soft Foods

Mouth sores are common in individuals who are HIV+. Choosing soft foods, like this dish, may make eating less painful.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat oven to 450 °F. Prick each sweet potatoes several times with a fork. Bake sweet potato for 45-60 minutes, depending on size, or until tender.

3. Rinse Lentils

Rinse lentils with water in a colander. Add lentils to saucepan with 3 cups chicken broth. Bring to a boil, reduce heat and simmer for an additional 20 minutes, until tender.

4. Mix Ingredients

Drain lentils in colander and add to a bowl. Mix in 1 Tbsp olive oil, chopped herbs, green onion and salt and pepper, to taste. Set aside.

5. Let Cool

When the potatoes have finished baking, remove from oven. When cool enough to handle, cut each potato in half, lengthwise, and scoop out filling into a bowl, leaving enough filling so the peel can stand on its own. Mash the sweet potato filling, then stir in half of the goat cheese and season with salt and pepper, to taste.

6. Fill and Bake

Fill each potato skin with goat cheese filling and top with herbed lentils. Place on a baking sheet and bake until warmed throughout, an additional 5-10 minutes. Remove from oven and top with additional goat cheese. Serve immediately and enjoy!

7. Wash Hands

Wash hands with soap and water.

Recipe adapted from [A Couple Cooks](#)

What You'll Need



Measuring Cups



Measuring Spoons



(2) Bowls



Cutting Board



Colander



Saucepan



Potholder



Baking Sheet



Potato Masher



Knife



Fork



Spoon

Fatigue Buster

- Purchase pre-crumbled goat cheese.
- Purchase a prepared lentil salad.
- Use 1 tsp dried herbs instead of chopping fresh herbs.