

RECIPE OF THE MONTH

Chicken Pesto Stuffed Sweet Potatoes

<https://www.paleorunningmomma.com/chicken-pesto-stuffed-sweet-potatoes-paleo-whole30/>



These chicken pesto stuffed sweet potatoes are seriously tasty, filling and easy to make! A paleo and Whole30 compliant pesto is mixed with shredded chicken and tops perfectly baked sweet potatoes. Great to make ahead of time and the leftovers save well!

Prep Time: 5 minutes

Cook Time: 1 hour

Total Time: 1 hour 5 minutes

Course: Dinner, Lunch

Cuisine: Paleo, Whole30

Servings: 6

Ingredients

1 cup raw shelled walnuts
4-5 cloves garlic
3 cups fresh basil leaves
2 cups fresh spinach kale, or other leafy greens
2/3 cup light olive oil
1 1/2-2 Tbsp fresh lemon juice
2 Tbsp nutritional yeast
3/4 tsp sea salt or to taste
3 cups cooked shredded chicken breast or about 1 lb uncooked
6 medium sweet potatoes
Coconut oil and salt for baking

Instructions

Bake Potatoes: Preheat your oven to 400 degrees. Coat sweet potatoes with a bit of coconut oil and sprinkle sea salt all over. Place on a parchment lined baking sheet and bake 60-70 mins until soft.

Meanwhile, make the pesto. Combine walnuts, garlic, basil leaves, spinach, olive oil, lemon juice, nutritional yeast, and salt in a blender or food processor. Blend on high speed until a paste forms, scraping sides as needed.

Combine shredded chicken and all the pesto in a large bowl. Once potatoes are ready, cut each one lengthwise and top generously with chicken pesto mixture. You can serve as is or return to oven for a few minutes to heat through. Enjoy!

Nutrition

Calories: 573kcal Carbohydrates: 31g Protein: 22g Fat: 41g Saturated Fat: 5g Cholesterol: 54mg
Sodium: 567mg Potassium: 836mg Fiber: 6g Sugar: 6g Vitamin A: 20035IU Vitamin C: 10.4mg
Calcium: 101mg Iron: 2.6mg