

5 A Day Week 2001 Recipes

5 A Day on \$5 A Day

Power-Packed Potato

Serves 1

- 1 medium sweet potato, scrubbed but not peeled
- ¼ cup bite-sized broccoli florets, rinsed well
- ¼ cup bite-sized cauliflower florets, rinsed well
- 1 ½ Tbsp. reduced-fat, bottled ranch dressing
- 1 Tbsp. canned, real or imitation bacon bits (optional)

Bake sweet potato in a pre-heated 400-degree F. oven until tender, about 45 minutes to one hour. Use a knife to split it in half vertically, and soften its flesh by partially pressing it out of the skin, as you would do with a baked potato. Meanwhile, when the potato is almost done, steam or microwave broccoli and cauliflower until tender. Top the sweet potato with the other vegetables, then douse with ranch dressing and sprinkle with bacon bits. Enjoy!

Nutritional Analysis Per Serving (including sauce):

231 calories
38 grams carbohydrate
6 grams protein
6.5 grams fat
0.6 grams saturated fat
0 milligrams cholesterol
356 milligrams sodium
5 grams fiber
25% calories from fat
2 "5 A Day" servings