

# Stuffed Kamuti (Sweet Potato)

**Makes**  
4 potatoes

**Prep time**  
10 minutes

**Cook time**  
35 minutes

**Good source of**  
Fiber

**Ingredients:**  
4 small sweet potatoes or yams  
1 Tbsp. canola oil  
Salt & pepper

**For chicken fajita stuffing:**  
1 Tsp. canola oil  
½ red bell pepper, sliced  
½ green bell pepper, sliced  
½ small yellow onion, sliced  
½ cup grilled, shredded chicken breast  
½ tsp. salt  
½ tsp. black pepper  
1 tsp. garlic powder

## Nutrition Facts

4 servings  
Serving size 1 pc (149g)

Amount per serving  
**Calories** **161**

	% Daily Value*
Total Fat 1.2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 67mg	2%
Total Carbohydrate 24g	8%
Dietary Fiber 3.8g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein 13g</b>	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 3mg	15%
Potassium 135mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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## Directions:

1. Preheat oven to 375 F.
2. Wash all potatoes and prick with a fork or knife several times. Rub each potato with a thin layer of oil, and sprinkle with salt & pepper.
3. Wrap each potato in foil and place on baking sheet. Bake for 35-40 minutes or until you can pierce them easily with a knife.
4. Meanwhile, heat oil in a pan over medium-high heat.
5. Add peppers and onion to the pan and sauté until the vegetables start to brown.
6. Add shredded chicken, garlic powder, salt, and pepper, and cook for 3 to 5 minutes. Remove from heat & set aside.
7. Once potatoes are done, make a slit in each lengthwise from end-to-end across the top. Fluff the inside with a fork before stuffing.
8. Assemble your chicken fajita potatoes by filling with the chicken mixture. Serve hot and refrigerate any leftovers.

**Change it up:** For taco potatoes, stuff with taco meat, salsa, and cheese. For southwest potatoes, stuff with corn, black beans, and tomatoes, and top with Southwest dressing.

