

Sweet Potatoes Stuffed with Shrimp and Salsa



Ingredients

- 2 medium sweet potatoes (8 to 10 ounces each)
- 1/4 cup turkey kielbasa, diced
- 12 small shrimp, peeled, deveined, and chopped
- Prepared salsa
- 1 tablespoon reduced-fat sour cream
- 2 teaspoons chopped fresh cilantro

Preparation

Pierce potatoes with a fork, and arrange on paper towels. Microwave on high 8 minutes; turn potatoes over after 4 minutes. Brown 1/4 cup kielbasa in a nonstick skillet over medium-

high heat. Add shrimp; sauté 2 minutes. Remove from heat; stir in salsa. Slit each potato lengthwise. Push ends inward to form a pocket. Stuff shrimp mixture into each. Dollop each potato with 1/2 tablespoon sour cream; sprinkle each with a teaspoon of cilantro.

Nutritional Info

CALORIES **314**
FAT **3g** (sat 1g, mono 1g, poly 1g)
PROTEIN **13g**
CARBOHYDRATE **59g**
FIBER **8g**
CHOLESTEROL **59mg**
IRON **3mg**
SODIUM **391mg**
CALCIUM **93mg**

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