

Maple Tempeh Stuffed Sweet Potato

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 baked sweet potatoes (preferably)
- 1 package (250g) tempeh, broken up into crumbly bits and chunks
- 2 tbsp tamari
- 3 tbsp maple syrup
- 3 tbsp extra-virgin olive oil
- Garnish: Sesame seeds, nori and chopped green onion

Instructions:

1. Preheat oven to 400F. Line a sheet pan with parchment paper.
2. Using a fork, poke multiple holes into the sweet potatoes. Place sweet potatoes on to sheet pan. Bake for approximately 1 hour or until sweet potato is soft.
3. Using your hands, break up tempeh with your hands. It's okay if you have some chunky bits. Place tempeh in a small bowl.
4. To make the maple sauce, in a separate small bowl combine tamari, maple syrup and extra-virgin olive oil. Stir together.
5. Pour maple sauce over top of tempeh and stir till all the tempeh is coated.
6. Heat a fry pan on the stove top to medium with some extra-virgin olive oil. Add tempeh mixture and toss until warmed.
7. Slit the baked sweet potatoes down the middle and press with your fingers to open (wait a few minutes so you don't burn your fingers!) and create a little pocket to stuff the tempeh mixture into.
8. Divide the tempeh mixture evenly between 3 baked sweet potatoes. If you're really hungry, feel free to divide between 2 sweet potatoes.
9. Top with some sea veggies like nori, sesame seeds and chopped green onion. Enjoy right away or refrigerate for up to 5 days.

Notes:

Serves 2 generously.