

## MEDITERRANEAN POTATO SKINS



### INGREDIENTS:

- 3 medium potatoes
- 3 tbsp tahini
- 1 tbsp chopped dill
- juice from 1/2 lemon

#### Toppings per serving:

- 1/2 tbsp fat free feta cheese
- 1/2 tbsp tahini mixture
- 3 cherry tomatoes
- garnish with dill

### DIRECTIONS:

1. Pre-heat oven to 450 F
2. Slice sweet potato lengthwise
3. Spray baking sheet with cooking oil
4. Place sweet potatoes, flesh side down, on the baking sheet and bake for 30-40 minutes or until inside is soft
5. Mix tahini, lemon juice, and 1/2 of the chopped dill
6. Once sweet potatoes are cooked, spread 1/2 tbsp of tahini mixture and top with feta cheese, tomatoes, and remaining dill

Enjoy!

Makes 6 Servings | Serving Size = 1/2 sweet potato with toppings  
Calories: 132 | Protein: 5 g | Carb: 20 g | Fat: 4 g | Fiber: 4 g