

## Hemp & Herb Stuffed Potatoes

**Prep Time:** 10 minutes

**Cook Time:** 60 minutes

**Total Time:** 70 minutes

**Servings:** 4

**Serving Size:** 2 potato halves

### Ingredients:

4 medium white skinned sweet potatoes\*  
1/4 cup raw cashews  
3 tablespoons nutritional yeast  
2 tablespoons lemon juice  
1 tablespoons olive oil  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/2 cup chives or green onions, finely diced  
1/4 cup parsley, finely diced  
1/2 cup raw hemp seeds

### Directions:

1. Place your cashews in a small bowl and cover with cold, filtered water and let soak.
2. Preheat oven to 400 degrees.
3. Use a fork to pierce each potato a few times, place them on a baking sheet, and bake for 45-60 minutes or until tender.
4. When your cashews have been soaking for 30 minutes and potatoes are almost done, drain and rinse you cashews.
5. Add cashews, nutritional yeast, lemon juice, olive oil, and 1 tablespoons water to a food processor or blender and process until smoother. Let sit in processor.
6. Remove potatoes from oven and allow to cool 5 minutes so they are easy to handle and then slice each potato in half lengthwise.
7. Carefully scoop potato flesh from each potato half into your food processor – try to get most of the flesh out without misshaping the potato skin. Pulse the mixture until well combined and mostly smooth.
8. Dump potato mixture into a bowl and add onions, parsley, salt, pepper, and hemp seeds and mix well until incorporated.
9. Stuff potato-herb-hemp mixture back into potato skins and place on baking sheet to bake until tops are golden brown, about 10-15 minutes.
10. Serve hot.

### Tips and Tricks:

\*If you can't find white skinned sweet potatoes, you can substitute russets.

### Nutritional Information Per Serving:

**Calories:** 270  
**Fat:** 8.1 g  
**Cholesterol:** 0.0 mg  
**Sodium:** 296.8 mg  
**Total Carbohydrate:** 37.8 g  
**Dietary Fiber:** 9.0 g  
**Sugars:** 1.9 g  
**Protein:** 7.8 g