



Roasted Sweet Potato with Ground Beef & Zucchini

2 servings

1 hour

Ingredients

- 1 Sweet Potato (large)
- 2 tps Extra Virgin Olive Oil (divided)
- 1/2 Yellow Onion (small, diced)
- 1 Garlic (clove, minced)
- 283 grams Extra Lean Ground Beef
- 1 Zucchini (large, cut into big chunks)
- 1 tsp Mediterranean Spice Blend
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Unsweetened Coconut Yogurt
- 2 stalks Green Onion (chopped)

Nutrition

Amount per serving	
Calories	385
Carbs	21g
Fiber	4g
Sugar	8g
Protein	31g
Cholesterol	92mg
Sodium	244mg
Vitamin A	9918IU
Vitamin C	21mg
Calcium	103mg
Iron	5mg
Vitamin D	4IU

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Pierce the sweet potato a few times with a fork, brush it with half of the oil, and place it on the baking sheet. Cook in the oven for 45 to 50 minutes or until cooked through.
- 2 Meanwhile, heat the remaining oil in a pan over medium heat. Add the onion and sauté for five minutes until softened. Add the garlic and cook for another minute until fragrant.
- 3 Add the beef and cook for five minutes, breaking it up as it cooks. Add the zucchini and Mediterranean spice blend. Cook for another 10 minutes or until everything is cooked through, stirring occasionally. Season with salt and pepper.
- 4 Slice the sweet potato down the middle and divide it evenly between plates. Top with the ground beef and zucchini mixture, then coconut yogurt. Garnish with green onion and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Add the coconut yogurt when ready to enjoy.

Serving Size: One serving is approximately 3/4 cup of sweet potato, one cup of ground beef and zucchini mixture, and one tablespoon of yogurt.

More Flavor: Add bell pepper and broccoli to the beef mixture.

No Mediterranean Spice Blend: Use a combination of oregano, basil, garlic, onion, rosemary, and paprika, or Greek seasoning instead.