

# Nature's Alkaline Way Recipes for Lifelong Health and Well-Being

**MAXIMUM** HEALTHFUL NUTRITION TO HYDRATE AND SUSTAIN. **FREE** OF OIL, SUGAR, PRESERVATIVES, AND ANTI-NUTRIENTS.

## Curried Vegetable Stuffed Sweet Potatoes

**110 MIN DURATION**

- 90 MIN COOK TIME
- 20 MIN PREP TIME

SERVES 6

Sweet potatoes and yams are versatile and pair well with spices including curry flavors. If you have never tried curry, this is a great dish with which to experiment. These can be served as a side dish or lighter entrée. Oh, and yes, the skin is edible and even good for you!



### INGREDIENTS (organic or biodynamic when possible)

- 6 large sweet potatoes or yams\*
- 1 large red onion (or 1 shallots), coarse chopped
- 6 cloves garlic (raw or baked)
- 2 medium carrots, sliced thinly
- 1 small eggplant or 2 okra, diced
- 1 cup chopped spinach (fresh or frozen), thawed if using frozen
- 1 (15-ounce) can whole plum organic tomatoes and their juices, broken up with your hands or fresh plum tomatoes (about 2 cups after you dice or crush them)
- 1 hot chili, diced (whole pepper with your choice of heat or 1 tablespoon traditional chili sauce), optional
- 1/2 cup organic grapes or organic currents
- 1 cup coconut milk
- 1 tablespoon curry powder\*\* or 2 teaspoons Garam Masala\*\*\*
- Celtic Sea salt and freshly cracked pepper
- Garnishes: chopped cilantro, chopped nuts, pesto

Preparation instructions begin on page 2.

## PREPARATION

1. Preheat oven to 350°F.
2. Poke deep holes into the sweet potatoes/yams. Wet the potatoes with coconut milk. Sprinkle with Celtic Sea salt and dust with nutmeg and fresh ground peppercorns. Place the potatoes on a parchment lined baking sheet and bake until the potatoes are easily pierced with a fork.
3. Horizontally cut off about 1 inch of potato and scoop out about half the filling. Be sure to leave enough in the shell to support the filling.
4. In a large sauté pan over medium heat, sauté the onion until it is caramelized and deep golden brown. Add the garlic and continue cooking for another 2 minutes until the garlic is fragrant and slightly softened. Transfer the mixture to a bowl.
5. Add carrots and eggplant or okra. Sauté vegetables until carrots and eggplant are light golden brown. Add the scooped out sweet potato; stir to combine.
6. Add the remaining ingredients and the onion mixture to the pan. Cook over medium heat until the eggplant has softened, and the mixture is almost dry.
7. Adjust seasoning to taste with balsamic vinegar, fresh ground nutmeg, celtic sea salt and fresh ground pepper.
8. Divide the filling and stuff it back into the potato skins, mounding it if necessary.
9. Before serving, reheat the potatoes until cooked all the way through. Garnish as desired; be creative.

## CHEF'S NOTES:

- \* Sweet potatoes, yams and other root vegetables like taro root can be used for this recipe.
- \*\* Curry powder is a mixture of spices of widely varying composition based on South Asian cuisine. Most recipes and producers of curry powder usually include coriander, turmeric, cumin, fenugreek, and red pepper in their blends. Curry powder is easily found online or in stores.
- \*\*\* Garam masala is a lot like curry powder but has some more potent spices in the blend *e.g.*, cinnamon, cloves and cardamom. It is common in North Indian and other South Asian cuisines and can be used alone or with other seasonings. Garam Masala is easily found online or in stores.

If you are like me and love spices, you can easily make your own curry and garam masala. Especially for spices, you get what you pay for. High quality spices travel around the world to arrive here. You will pay more for the best, but remember, you are feeding those that you love. Better taste, nutrition and less toxic contamination. Quality is worth a little more!