

Sweet Potatoes Stuffed with Braised Cabbage

Ingredients:

4 Sweet potatoes
4 cloves of Garlic, minced
1 Onion, diced
1 Tablespoon Coconut oil
1 Red cabbage, shredded
½ Teaspoon Sea salt
Juice of ½ a Lemon

Sauce:

1 Tablespoon Olive oil
1 Tablespoon Raw honey
1 Tablespoon Lemon juice
1 Tablespoon grated Fresh ginger

Garnish:

4 Tablespoon minced Parsley

Preheat oven to 400 degrees F. Bake sweet potatoes 45 to 60 minutes or until easily pierced with a fork. In a large pan, sauté garlic and onion in 1 Tbsp of coconut oil over med-high heat for 5 to 10 minutes, stirring occasionally, until the onion are translucent. Add cabbage and salt, with ½ cup of water. Cover and cook over medium heat for 30 to 40 minutes until the cabbage is tender, continuing to stir occasionally and adding a splash of water as needed to moisten. Split open sweet potatoes and mash each side slightly with a fork. Stuff as much braised cabbage into the openings as possible.

Make sauce before serving sweet potatoes. For 4 servings double the ingredients. Add all the ingredients to a small pan. Heat mixture over med-high heat until it bubbles slightly. Continue stirring 1 to 2 minutes until sauce is combined and slightly thickened. Pour over the sweet potatoes, garnish with parsley and enjoy!