STUFFED SWEET POTATOES

Ingredients:

- 1/4 cup unsweetened dried cranberries
- 2 Tbsp. apple cider vinegar
- 1/2 Tbsp. honey
- 1 lemon, zested and juiced
- 4 large sweet potatoes
- 2 cups chopped kale, packed
- 1/2 Tbsp. olive oil
- 1 pinch salt
- 1/4 cup pepitas

Directions:

- In a microwave-safe bowl, add the cranberries, apple cider vinegar, honey, and the juice of the lemon. Microwave for 1 minute. Let the cranberries steep while you prepare the sweet potatoes.
- Rinse the sweet potatoes well. Pierce the surface of the potatoes a few times with a fork and then microwave for 10 to 15 minutes, or until cooked through. They are done when a fork can easily pierce through them. The cooking time will vary depending on your microwave's strength and size of the potatoes.
- In the meantime, use a fork to smash the rehydrated cranberries to help thicken their sauce.
- Add the kale to a large bowl along with the olive oil and salt. Massage the kale for about 30 seconds until tender. Mix the pepitas and the undrained cranberries into the kale.
- Once the potatoes are done, slice the potatoes in half (but not all the way through) and fluff the insides with a fork.
- Divide the kale between the four potatoes. Finish with a sprinkle of lemon zest on each potato.