

1. Wash and prick the potato skins. Cook on HIGH for 10-12 minutes or until cooked.
2. Split the potatoes horizontally, keeping the edge joined and place in a shallow heatproof dish, skin downwards.
3. Drain the tuna and mix with the yoghurt and a little chilli powder - to taste.
4. Spread the tuna over the potatoes and cover with a layer of tomato. Season and sprinkle with coriander/parsley and the grated cheese.
5. Cook on HIGH for 3-4 minutes until the cheese is melted, alternatively put under a hot grill until browned.

2 medium sweet potatoes
2 large tomato, sliced
200gm tin tuna in oil/spring water
30 ml (2 tbsp) coriander/parsley, chopped
75 g (3 oz) Cheddar cheese, grated
30ml (2 tbsp) low fat yoghurt
chilli powder
salt and pepper

Instead of the tuna why not try 50gm (2oz) of spicy sausage, sliced?

mains

'What's Cooking!' Recipe Card

TUNA STUFFED SWEET POTATOES



Food Fact:-

Sweet potato is rich in Vitamin A (betacarotene) and Vitamin C. Both Vitamins A and C are powerful antioxidants.

Sweet potato is good for stomach ulcers and inflamed conditions of the colon.

It is also beneficial for low blood pressure.

Preparation time 5 mins

Cooking time 15 mins

Serves 4