

**UVA Teaching Kitchen Cooking Class**  
**Loaded Sweet Potatoes**

*Servings:* 4 sweet potatoes with toppings for each

*Total Cook Time:* 30 minutes

*Equipment:* stovetop, skillet with lid, sheet pan

*Inspired by:* Nalley Fresh Sweet Potato Bowls

**Ingredients**

4 Sweet Potato  
¼ cup uncooked Barley  
1 lb Chicken Breasts  
½ tsp Garlic powder  
2 cups Spinach  
2 stalks Scallion  
2 Carrots  
½ tsp Garlic powder  
1 - 10.5 oz can Mandarin Oranges in juice  
1oz (1/4 cup) Feta  
¼ cup Sunflower Seeds

**Peanut Dressing**

1 clove (1 tsp) Minced Garlic  
2 tbsp Peanut Butter  
¼ cup Lime Juice  
1 tbsp Soy sauce  
1 tbsp Honey  
1 tbsp Sesame Oil  
1 tbsp olive oil

\*Optional add-on: Precooked chicken/turkey  
bacon crumbles

**Instructions**

For the sweet potatoes:

1. Preheat oven to 400F.
2. Slice the sweet potatoes in half, lengthwise.
3. Place sweet potatoes on sheet pan.
4. Drizzle potatoes with olive oil and sprinkle with salt.
5. Cook for 30 minutes.

For the barley:

Prepare barley according to package instructions.

For the chicken:

1. Heat olive oil in large skillet over medium-high heat.
2. Season both sides of chicken breasts with mixture of ½ tsp salt, ¼ tsp garlic powder, and ¼ tsp black pepper.
3. Add chicken to skillet and cook for 4-5 minutes each side until chicken has reached internal temperature of 165F.
4. Slice chicken into strips.

For Dressing:

1. Whisk together minced garlic, peanut butter, lime juice, soy sauce, and honey together in medium bowl.
2. Add olive oil and sesame oil and whisk until smooth.

Load sweet potatoes with chicken, cooked barley, carrots, spinach, mandarin oranges, feta, and sprinkle with sunflower seeds and scallion. Drizzle peanut dressing to your preference. Enjoy!

