



# Featured Recipe

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Olson Women's Health Resource Center

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## Superbowl Snacks: Avocado Chorizo Sweet Potato Skins

1lb chorizo  
3 sweet potatoes  
1/2 red onion, diced  
2 ripe avocados, halved and seeds removed  
1/2 lime, juiced  
1/2 lemon, juiced

1 teaspoon cumin  
2 tablespoons Coconut Oil  
salt and pepper, to taste  
1 tablespoon almond flour

Preheat oven to 425 degrees.

Use a fork to poke some holes in your sweet potatoes. Place on a baking sheet and bake for 25-30 minutes (depending on size) or until sweet potatoes are soft when you poke them.

While sweet potatoes are baking, pull out a large skillet, place over medium heat and add chorizo. Use a wooden spoon to break up chorizo while it cooks. When chorizo is halfway done cooking, add onions. When chorizo is cooked completely through, put chorizo mixture on a plate with a paper towel to soak up some of the excess fat and to cool.

Using the food processor. Use a spoon to scoop out the inside of two avocados and place in the food processor. Mix until you get a smooth paste. Add lime, lemon, cumin and a bit of salt. Pulse until mixed thoroughly.

Place chorizo and  $\frac{3}{4}$  of avocado mixtures in a large bowl to incorporate. Leave the other  $\frac{1}{4}$  of avocado mixture for toppings.

When sweet potatoes are done cooking, let cool, cut in half, scoop out insides (leaving about  $\frac{1}{2}$ -1 inch of sweet potato still inside), and use a pastry brush to brush coconut oil on the inside and all around the sweet potato.

Place back on cooking sheet and in the oven for another 10-15 minutes or until crispy.

Once potatoes are crispy, add avocado and chorizo mixture into sweet potato, top off with a little sprinkle of almond flour, and place back in the oven for around 5 minutes. Top off your leftover avocado mixture (kinda like a scoop of sour cream on top).

Yields 3-6 as a side

**One serving (of 6):**

Calories: 557	Cholesterol: 67 mg
Carbohydrate: 22.58 grams	Fiber: 6.8 grams
Protein: 20.93 grams	Sodium: 1004 mg
Fat: 43.54 grams	Potassium: 895 mg
Saturated Fat: 16.251 grams	

Source: <https://paleomg.com/superbowl-snacks-avocado-chorizo-sweet-potato-skins> and  
<https://happyforks.com/analyizer/>

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**Olson Wellness Exchange**

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