

Jacket sweet potato with black beans and kale and pomegranate salad

This dish is an excellent choice for naturally reducing blood pressure. Sweet potatoes and black beans are high in potassium which helps keep sodium levels in balance. Kale and pomegranate are both sources of dietary nitrate, which studies show can be helpful in managing blood pressure by dilating blood vessels.

Serves 4

Ingredients

- 4 medium sweet potatoes
- 1 teaspoon extra virgin olive oil
- 1 onion, finely chopped
- 1 red or yellow pepper, finely chopped
- 2 cloves garlic, crushed
- 400g can black beans, rinsed and drained
- 400g can chopped tomatoes
- 1 teaspoon smoked paprika
- 1 cup spinach leaves, finely chopped
- 1 teaspoon fresh thyme leaves, finely chopped
- Salt and pepper to taste
- ½ cup Greek yoghurt (or dairy free alternative)
- Handful coriander, leaves picked from stem
- 2 red chillies (optional)

For the kale and pomegranate salad

- 2 bunches kale, large stems removed and roughly chopped
- 2 tablespoons olive oil
- 1 tablespoon maple syrup
- Juice ½ lemon
- 1 cup pomegranate seeds
- 1 cup sunflower seeds

Method

1. Preheat oven to 200°C (400°F). Wrap each sweet potato in foil and place on a baking sheet in the oven. Cook for 1 hour or until tender.
2. While the potatoes are cooking, gently heat the oil in a saucepan. Add the onion, pepper and garlic and cook until softened. Add the beans, tomatoes, paprika, spinach and thyme. Cover with a lid and cook for 10 minutes, stirring occasionally. Season to taste.
3. Remove the sweet potatoes from the oven. Make a cut down the middle and squeeze the ends together to make an opening. Divide the mixture between the sweet potatoes.
4. Top with yoghurt, coriander and optional chilli and serve with a kale and pomegranate salad.
5. To make the kale pomegranate salad, place the kale in a large bowl and add the olive oil, maple syrup and lemon juice. Using your hands, massage the kale for 3-5 minutes until the kale starts to soften and the leaves turn a brighter green. Add the pomegranate and sunflower seeds and mix to combine.