



Korean Pulled Pork-Stuffed Sweet Potatoes

INGREDIENTS

4 (10- to 12-oz.) sweet potatoes
4 tbsp Gustare Vita olive oil, divided
½ tsp Hy-Vee salt
½ tsp Hy-Vee black pepper
1 tbsp Hy-Vee honey
1 tbsp Hy-Vee gochujang Korean chili sauce
1 ½ cups Hy-Vee Hickory House dry pulled pork
⅓ cup Korean barbecue and marinade sauce
1 cup sliced shiitake mushrooms
½ cup frozen shelled edamame, thawed
Sliced radishes, for garnish
Sliced green onions, for garnish
Kimchi mayo sauce, for garnish
Hy-Vee crushed red pepper, for garnish

PREPARATION

- 1** Preheat oven to 400°. Line a very large rimmed baking pan with foil; set aside.
- 2** Pierce sweet potatoes all over with a fork. Rub sweet potatoes with 1 tablespoon olive oil, salt and black pepper. Place sweet potatoes in prepared baking pan. Bake for 45 to 50 minutes or until fork-tender; remove from oven.
- 3** Place oven rack 5 inches from heat; preheat broiler to HIGH. Cut sweet potatoes lengthwise in half, about three-fourths through to bottom; open slightly.
- 4** Whisk together 1 tablespoon olive oil, honey, gochujang sauce in a small bowl. Brush cut sides of sweet potatoes with gochujang mixture. Broil potatoes in baking pan, with cut sides up, for 4 to 5 minutes or until beginning to brown.
- 5** Meanwhile, heat remaining 2 tablespoons oil in a medium skillet over medium heat. Add mushrooms and edamame. Cook for 2 to 3 minutes or until tender, stirring frequently. Transfer to a small bowl. Combine pulled pork and barbecue sauce in sauce skillet; cook for 5 to 6 minutes or until pork reaches 165°, stirring occasionally.
- 6** To serve, top sweet potatoes with pork and mushroom mixtures. Garnish with radishes, green onions, kimchi mayo sauce and crushed red pepper, if desired.

NUTRITION FACTS

Calories: 606
Total Fat: 20g
Saturated Fat: 4g
Trans Fat: 0g
Cholesterol: 47mg

Sodium: 1566mg
Carbohydrates: 87g
Fiber: 11g
Sugar: 33g
Protein: 22g