Tuna Stuffed Sweet Potatoes

2 large sweet potatoes
1 (5 oz.) can solid white albacore tuna in water, drained
juice of 1/2 a lime

1/4 teaspoon garlic powder
1/8 teaspoon black pepper
2 Tablespoons plain nonfat Greek yogurt
1 Tablespoon chopped chives

Instructions: Pierce sweet potatoes with a fork several times. Either roast potatoes in a 425°F oven or microwave on high until soft. Slice each potato in half with a knife. In a small bowl, stir together tuna, lime juice, garlic powder and black pepper. Evenly divide tuna mixture on top of sweet potato halves. Spoon each half with 1/2 Tablespoon of yogurt and sprinkle with chives.

Yield: 4 servings, 1/2 potato each

Nutrition Facts (per serving): 110 calories, .5 grams fat, 150 milligrams sodium, 14 grams carbohydrate, 2 grams fiber, 12 grams protein