



Stuffed Sweet Potatoes

6 sweet potato halves

Ingredients

3 medium (10-11 ounces EACH) sweet potatoes, washed and cut in half lengthwise
1 tablespoon olive oil
1/4 cup diced red onion (Note 1)
1 teaspoon minced garlic
1 pound frozen sweet corn - seasoned and roasted in the oven
1 can (15 ounces) black beans, drained and rinsed
1 tablespoon finely chopped jalapeno, optional
1/2 cup thinly sliced radish
1 tablespoon lime juice
1/3 cup finely chopped cilantro
1/4 teaspoon EACH: ground cumin, fine sea salt, freshly cracked pepper
Optional: guacamole, additional fresh lime juice, sprinkle of queso cotija cheese
Sauce: Sour cream, Avocados

Directions

- SWEET POTATOES:** Preheat the oven to 400 degrees F. While oven is preheating, prep the sweet potatoes. Scrub the potatoes, cut them exactly in half (lengthwise), and place on a large sheet pan. Drizzle olive oil over the potatoes and then rub the oil onto both sides of the potatoes. Sprinkle about 1/2 teaspoon of salt evenly over the flesh side of the potatoes and then place the potatoes flesh side DOWN. Sprinkle about 1/4 teaspoon salt evenly over the skin of the potatoes. Bake for 30-37 minutes (depending on size of potatoes/personal preference for tenderness) or until skin looks shriveled and potatoes are tender. A 5-6 ounce potatoes will cook in*



around 25-27 minutes, 6-8 ounce potatoes around 30 minutes, and 9-11 ounce potatoes around 33-37 minutes.

- 2. **TOPPING:** In a large bowl, combine the diced red onion, minced garlic, corn, black beans, jalapeno, radish, lime juice, cilantro, cumin, salt, and pepper. Stir to combine. Taste and adjust salt/pepper to personal preference. Set aside.*
- 3. **SAUCE:** puree in a food processor*
- 4. **ASSEMBLE:** once sweet potatoes are fork tender, remove from the oven. Flip the potatoes flesh side up and smash down the insides a little bit with a fork. Then add the filling, plenty of sauce, and any other optional additions (guacamole, additional fresh lime, small sprinkle of queso cotjia). Serve immediately.*

Recipe Notes

Note 1: to take away the "bite" of red onions, soak them in a cup of cold water for about 10 minutes. Drain well and add to the mix.

Note 2: if you have fresh corn you can use it here! Grill up 2 ears of corn (grill pan or grill) and cut off the cob and then add. OR roast regular canned corn or frozen corn in a skillet. Let cool completely before adding to the other ingredients.