



Baked and Loaded Sweet Potatoes

Makes 2 dozen 12-inch straws, or 72 4-inch straws

INGREDIENTS:

1 sweet potato (per person)
kosher salt
fresh ground pepper

TOPPINGS:

black beans
red onion, diced
avocado, diced
cilantro
fresh lime juice
lime crema (Greek yogurt,
feta, fresh lime juice)

DIRECTIONS:

1. Bake sweet potatoes in the microwave or oven:

Microwave:

- Wash and scrub the sweet potatoes.
- With a fork, pierce around the sweet potato 5-6 times.
- Place in the microwave for 2-4 minutes.
- Rotate once, (use a silicone hot pad for maximum safety and dexterity)!
- Microwave for an additional 2-4 minutes until fork tender.

Oven:

- Preheat oven to 400°.
- Wash and scrub your sweet potatoes.
- With a fork, pierce around the sweet potato 5-6 times.
- Place on a baking sheet, lined with foil. Bake until tender 45 min-1 hr.

2. Make the lime crema: Use half Greek yogurt and half feta. Mix together with a fork. Add fresh lime juice to taste.

3. After your sweet potato is cooked, cut in half and lightly mash with a fork. Salt and pepper, then load up all of the other toppings, and enjoy!