

# KITCHENART

THE STORE FOR COOKS

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## **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!