



Loaded Sweet Potatoes

Serves: 4 people **Total Cook Time:** 45 minutes



Ingredients

- 4 sweet potatoes
- Cooking oil
- 2 fresh tomatoes, diced
- 1- 15 oz can black beans , drained and rinsed
- ¼ cup fresh cilantro
- ½ red onion, minced
- 1 lime
- 1/2 cup canned or frozen corn, defrosted
- Optional: Sour Cream, avocado
- Salt and pepper to taste

Instructions

1. Preheat the oven to 450F.
2. Wash the sweet potatoes and slice them in half.
3. Place on a parchment paper lined baking sheet and rub lightly with cooking oil, just enough to coat. Sprinkle with salt.
4. Bake until tender and lightly browned on the edges, about 25 to 35 minutes depending on the size of the potatoes
5. In a bowl, combine diced tomatoes, minced red onion, chopped cilantro, drained black beans, corn, lime juice, and salt to taste (black bean pico de gallo). Stir to combine.
6. To serve, top the roasted sweet potatoes with black bean pico de gallo and option to top with avocado or sour cream.