



Cooking Together with Lily

Loaded Baked Sweet Potatoes

Ingredients

- 2 medium sweet potatoes (any variety works)
- 2 cups thinly sliced cabbage (red, green, or a combination)
- 1 large carrot, grated
- 2 tablespoons olive oil
- 1 lime, juiced
- ½ teaspoon salt
- ¾ cup black beans; rinsed and drained (about half a can)
- ½ avocado, sliced
- Hot sauce (optional)



Directions

1. Preheat the oven to 400 degrees. Wash the sweet potatoes and place them on a baking sheet. Puncture each potato several times with a fork to allow steam to escape while cooking. Bake for approximately one hour. At 45 minutes start testing to see if they are ready by sticking a butter or paring knife into each potato, if the knife slides in easily they are done (cooking time varies based on the size and variety of the sweet potatoes you use).
2. While the potatoes are cooking, make your slaw. Put the cabbage and grated carrot in a medium bowl. Add the olive oil, lime, and salt, and mix well to combine. Set aside.
3. When the sweet potatoes are done, remove them from the oven and let cool slightly until they are cool enough to handle. Transfer the potatoes to two plates.
4. When the potatoes have cooled slightly, slice each in half lengthwise, cutting down almost, but not quite to the bottom so halves are still attached to each other like a hotdog bun.
5. Stuff the potatoes with the cabbage and carrot slaw, add the beans, top with sliced avocado, and hot sauce if desired, and enjoy!

Mix It Up

There are endless ways to load up your sweet potatoes, try any variation of veggies, beans, and fun toppings that you like. Below are a few of our favorite combos to get you started.

Our Favorite Combos:

- **Mediterranean-inspired Potato:** Substitute the cabbage for 2 cups of thinly sliced romaine and use chickpeas in the place of the black beans. Omit the avocado and top with a dollop of hummus.
- **Chopped Salad Potato:** Substitute the cabbage for 2 cups of romaine. Use just ¼ cup grated carrot, and add ¼ cup each of sliced red onions, chopped tomatoes, and cucumbers to the slaw. Top with chickpeas and avocado.
- **Taco Bowl Potato:** Omit the carrot from the slaw and add ⅓ cup each of corn, diced tomatoes, and sliced red onions. Top with black or pinto beans, guacamole, salsa, and/or hot sauce.
- **Veggie Crazy Potato:** Omit the cabbage and use 1 cup of kale in the slaw plus ¼ cup each of diced bell peppers, cucumbers, tomatoes, and onions. Top with your favorite beans and a sprinkle sunflower or pumpkin seeds.