

Loaded Sweet Potatoes With Black Beans and Cheddar

By Sarah Jampel

YIELD 4 servings

TIME 50 minutes

To make a halved sweet potato into a more substantial side, load it with black beans and sharp Cheddar, then send it back into the oven until the cheese melts and sizzles. Pair it with something a bit lighter, like fish tacos or a green salad, or build it into its own meal by adding sliced avocado, torn cilantro, a squeeze of lime juice, or even a fried egg.

INGREDIENTS

2 medium sweet potatoes (8 to 10 ounces each), scrubbed and dried

1 tablespoon olive oil

Kosher salt

1 cup cooked black beans (if canned, rinsed and drained)

1 cup shredded sharp Cheddar

Black pepper

PREPARATION

Step 1

Heat the oven to 425 degrees and line a sheet pan with parchment paper. Halve sweet potatoes lengthwise, then brush all over with olive oil and sprinkle both sides with salt.

Step 2

Place cut side down on prepared sheet and roast for 30 to 40 minutes, or until completely cooked through. Take sweet potatoes out of the oven, turn them over and let cool slightly. Use a fork to rough up the flesh and slightly flatten the potatoes. Season with salt and pepper.

Step 3

Divide half the cheese among the potato halves. Spoon the black beans over them, then cover with the remaining cheese. Return the pan to the oven and bake for another 5 minutes, until the cheese has melted and the beans have warmed through. Season with salt and pepper. Serve warm.

PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

