

Ultimate Loaded Sweet Potato Boats with Spinach, Mushroom, and Creamy Avocado Dressing

This recipe is all about fresh, wholesome ingredients coming together.



OVEN
400°F

TIME
45-60 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the Sweet Potato Boats: 4 medium-sized Sweet Potatoes, scrubbed clean

1 tbsp Olive Oil

8 oz Cremini Mushrooms, sliced

5 oz Fresh Spinach

2 cloves Garlic, minced

1/2 cup Crumbled Feta Cheese

1/4 cup chopped Walnuts or Pecans (optional, for crunch)

Salt and Black Pepper, to taste

For the Creamy Avocado Dressing: 1 large ripe Avocado

1/2 cup plain Greek Yogurt or a dairy-free alternative

1/4 cup fresh Cilantro or Parsley

2 tbsp Lime Juice, freshly squeezed

1 clove Garlic

2-4 tbsp Water, to thin

A pinch of Salt

Greens: If you're not a fan of spinach, kale (stems removed and finely chopped) works wonderfully here.

Just be sure to sauté it a bit longer to let it soften.

Cheese: Goat cheese is a fantastic substitute for feta, offering a creamier, tangier flavor profile.

For a dairy-free version, you can use a plant-based feta crumble or simply omit the cheese.

Mushrooms: I love cremini (baby bella) mushrooms for their flavor, but white button mushrooms or even shiitake would be delicious.

Dressing: The Greek yogurt gives the dressing a protein boost and extra tang. For a vegan version, use a dairy-free yogurt or a scoop of silken tofu. You can also make it with just avocado, lime juice, herbs, and water for a simpler sauce.

Step-by-Step Instructions:

Roast the Sweet Potatoes: Preheat your oven to 400°F (200°C). Pierce the sweet potatoes several times with a fork. Bake them directly on the oven rack for 45-60 minutes, or until they are fork-tender and the skin is slightly crispy. The timing will depend on the size of your potatoes.

Prepare the Filling: While the potatoes are roasting, prepare the filling. Heat the olive oil in a large skillet over medium-high heat. Add the sliced mushrooms and cook for 5-7 minutes, until they have released their moisture and started to brown. Add the minced garlic and cook for another minute until fragrant.

Wilt the Spinach: Add the fresh spinach to the skillet in batches. It will look like a lot, but it wilts down significantly. Stir until all the spinach has wilted, about 2-3 minutes. Season the mixture with salt and pepper, then remove from the heat.

Make the Boats: Once the sweet potatoes are cooked, let them cool for a few minutes until you can handle them. Slice each potato in half lengthwise. Carefully scoop out most of the flesh, leaving about a 1/2-inch border to create a "boat."

Combine and Stuff: Place the scooped-out sweet potato flesh into a bowl and mash it lightly. Add the spinach and mushroom mixture, the crumbled feta, and the optional chopped nuts. Mix everything together until well combined.

Fill and Bake Again: Spoon the filling generously back into the sweet potato skins. Place the filled boats on a baking sheet and bake for another 10-15 minutes, until the filling is heated through and the edges are golden.

Whip Up the Dressing: While the boats are in the oven for their final bake, make the dressing. Combine the avocado, Greek yogurt, cilantro, lime juice, garlic, and salt in a blender or food processor. Blend until smooth. Add water, one tablespoon at a time, until you reach your desired consistency.

Tips for Success:

Even-Sized Potatoes: Try to select sweet potatoes that are similar in size and shape to ensure they cook evenly.

Don't Scorch the Garlic: Add the garlic towards the end of sautéing the mushrooms to prevent it from

burning and turning bitter.

Keep the Dressing Green: The lime juice is key not only for flavor but also for preventing the avocado dressing from browning too quickly. For best results, make it just before serving.

Don't Over-Mash: When you mix the filling, be gentle. You want to maintain some texture from the sweet potato, mushrooms, and nuts.

Storage and Leftover Tips:

Storage: For the best results, store the filled sweet potato boats and the avocado dressing in separate airtight containers in the refrigerator.

The boats will keep for up to 3 days. The dressing is best eaten within a day.

Reheating: Reheat the sweet potato boats in an oven or toaster oven at 350°F (175°C) for 10-15 minutes, or until warmed through. You can also use an air fryer. Microwaving works but can make the skins a bit soft. Serve with the fresh, cold dressing after reheating.

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17. For a fun weeknight dinner, this : Dorito Casserole is a surprising crowd-pleaser.
18. When a sweet craving hits, this : Edible Cookie Dough is the perfect no-bake solution.
19. And for an over-the-top dessert, these : Chocolate Chip Cookie Dough Brownie Bombs are pure bliss.
20. Final Thoughts: These stuffed sweet potato boats are a testament to how delicious and satisfying healthy food can be. They're a joy to make and even more of a joy to eat. The combination of flavors is truly special, and I have a feeling this will become a staple in your kitchen, just as it has in mine.
21. Give this recipe a try and let me know how you like it in the comments below. We always love to see your creations, so don't forget to tag us on social media!

SWAPS & NOTES

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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