

Southwestern Sweet Potatoes: Stuffed with Spinach, Mushroom & Zesty Sauce

Stuffed Sweet Potatoes with Spinach, Mushroom, and Feta



OVEN
400°F

TIME
45-60 min

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SAVE
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INGREDIENTS

- 4 medium sweet potatoes
- 2 tablespoons olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 8 oz mushrooms, sliced
- 4 cups fresh spinach
- 1 teaspoon smoked paprika
- Salt and pepper to taste
- 1 cup crumbled feta cheese
- Fresh parsley, chopped (for garnish)
- 1 cup plain yogurt (Greek yogurt recommended)
- 1-2 tablespoons chipotle sauce (adjust to taste)
- 1 tablespoon lime juice

Salt to taste

Swaps and Notes:

Sweet Potatoes: Medium-sized sweet potatoes are ideal. Uniform size helps them bake evenly.

Mushrooms: Brown (cremini) mushrooms offer a deeper flavor, but white button mushrooms work well too.

Spinach: Fresh spinach wilts down significantly. You can also use frozen spinach, thawed and squeezed very dry.

Feta Cheese: Crumbled feta adds a salty, tangy kick. Goat cheese or even a sprinkle of Parmesan can be used for a different flavor.

Smoked Paprika: This is key for adding a smoky depth to the vegetable filling. Don't substitute

with regular paprika if you want that specific flavor.

Plain Yogurt (for sauce): Plain Greek yogurt will give you a thicker, creamier sauce with more protein. Regular plain yogurt can be used, but the sauce might be thinner.

Chipotle Sauce: This is crucial for the smoky, spicy flavor. Adjust the amount to your preferred heat level. Hot sauce with a touch of smoked paprika can be a substitute, but actual chipotle sauce (often found near other Mexican sauces or hot sauces) provides the best flavor.

Lime Juice: Fresh lime juice brightens the sauce and adds essential zest.

DIRECTIONS

1. Let's get these flavorful : Stuffed Sweet Potatoes on your table!
2. Bake : Sweet Potatoes: Preheat your oven to 400°F (200°C). Pierce each sweet potato several times with a fork. This allows steam to escape during baking. Place them directly on a baking sheet (you can line it with foil for easier cleanup) and bake for 45-60 minutes, or until they are very tender when squeezed gently or pierced with a fork. Cooking time will depend on the size of your sweet potatoes.
3. SautØ Vegetables: While the sweet potatoes are baking, prepare the filling. In a large skillet, heat the olive oil over medium heat. Add the diced small onion and cook until it becomes translucent, about 3-4 minutes. Stir in the minced garlic and sliced mushrooms. Continue cooking, stirring occasionally, until the mushrooms are beautifully browned and tender, about 5-7 minutes.
4. Add : Spinach & Feta: Add the fresh spinach to the skillet with the cooked onion and mushrooms. Cook, stirring, until the spinach completely wilts down. Season the vegetable mixture with smoked paprika, salt, and pepper to taste. Remove the skillet from the heat and stir in the crumbled feta cheese until it's just mixed in.
5. Stuff : Potatoes: Once the sweet potatoes are cooked and tender, carefully remove them from the oven. Let them cool slightly so they are easier to handle. Cut each sweet potato in half lengthwise. Using a spoon, gently scoop out a small portion of the cooked sweet potato flesh from the center of each half, creating a cozy space for the filling. Be careful not to scoop

too much, leaving a good border around the edges. Fill each sweet potato half generously with the spinach, mushroom, and feta mixture.

6. **Combine : Chipotle Yogurt Sauce:** In a small bowl, mix together the plain yogurt, 1-2 tablespoons of chipotle sauce (start with 1 and add more if you like it spicier), and 1 tablespoon of fresh lime juice. Stir well until smooth and well combined. Taste and adjust with additional salt if needed.
7. **Drizzle and : Serve:** Serve the stuffed sweet potatoes warm. Just before serving, drizzle generously with the spicy chipotle yogurt sauce and garnish with freshly chopped parsley for a pop of color and freshness.

SWAPS & NOTES

of sautéed mushrooms and garlic , combined with the freshness of spinach and the tangy saltiness of crumbled feta .

But the real game-changer is that Spicy Chipotle Yogurt Sauce - it adds a creamy, zesty kick that elevates every bite, making the dish feel incredibly dynamic and satisfying.

It's wholesome, surprisingly easy, and always leaves me feeling nourished and happy!

Uniform size helps them bake evenly.

TIPS FOR SUCCESS

Tender Sweet Potatoes: Ensure the sweet potatoes are fully tender when baked.

This makes them easy to scoop and creates a creamy base.

Dry Mushrooms for Browning: Cook mushrooms over medium-high heat initially to allow moisture to evaporate and get them nicely browned.

Squeeze Spinach (if frozen): If using frozen spinach, thaw it completely and squeeze out as much excess water as possible.

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

Original recipe: <https://chefmaniac.com/southwestern-sweet-potatoes-stuffed-with-spinach-mushroom-zesty-sauce/>