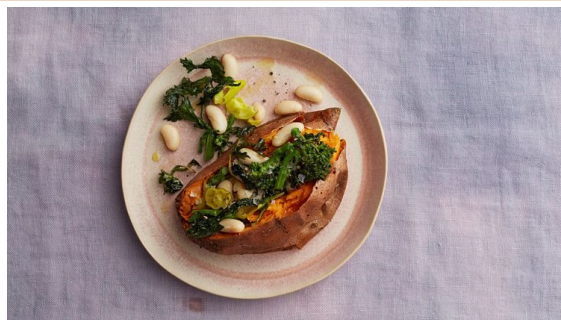


Easy Loaded Sweet Potatoes for Dinner, Meal Prep, or Game Day

Loaded Baked Sweet Potatoes That Eat Like a Full Meal



OVEN
425°F

TIME
12 min

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INGREDIENTS

4 medium sweet potatoes, scrubbed and dried
1-2 tablespoons olive oil
Kosher salt and black pepper
1 cup shredded cheddar (or Monterey Jack)
6 slices bacon, cooked and crumbled (optional)
1 cup black beans, rinsed and drained (or shredded chicken)
1/2 cup sour cream or Greek yogurt
3 scallions, thinly sliced
1/2 cup salsa or pico de gallo
1 avocado, diced or sliced
Fresh cilantro or parsley (optional)
Lime wedges (optional)

DIRECTIONS

1. Heat the oven. Preheat to 425°F. Line a baking sheet with foil or parchment for easy cleanup.
2. Prep the potatoes. Poke each sweet potato 6-8 times with a fork. Rub with olive oil and season generously with salt and pepper.
3. Bake until tender. Place on the baking sheet and bake 45-60 minutes, depending on size, until the center is very soft when pierced.
4. Split and fluff. Let cool 5 minutes. Slice lengthwise, gently squeeze to open, and fluff the insides with a fork. Season the inside with a pinch of salt.
5. Add cheese (optional but recommended). Sprinkle cheese over the hot potato so it melts into the fluffy center.
6. Load them up. Add beans or chicken, bacon (if using), a dollop of sour cream, scallions, salsa, avocado, and herbs. Finish with lime if you like.
7. Serve immediately. Eat with a fork, and don't be shy about piling it high.

SWAPS & NOTES

Make it vegetarian: Skip bacon, double the beans, and add sautéed peppers/onions.

Make it dairy-free: Use dairy-free cheese and a cashew-based sour cream or plain coconut yogurt.

Add shredded rotisserie chicken, ground turkey, or leftover steak strips.

Heat lovers: Add pickled jalapeños, hot sauce, or chipotle powder.

TIPS FOR SUCCESS

The best loaded sweet potatoes are fully tender-think creamy, spoonable centers.

Crispy skin trick: Bake directly on the rack with a sheet pan below to catch drips.

A pinch of salt after splitting makes the sweet flavor pop.

If you're using beans or chicken, heat them before adding so the whole potato stays hot.

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

Original recipe: <https://chefmaniac.com/easy-loaded-sweet-potatoes-for-dinner-meal-prep-or-game-day/>