

Loaded Sweet Potatoes



Baked stuffed sweet potatoes are my go-to vegetarian main and can be flavoured in any number of ways; this is one of my family's favourites.

Ingredients

2 medium sweet potatoes, scrubbed and dried

1 tbsp. olive oil

400 g cooked black beans, rinsed and drained

1 cup grated cheddar cheese

Method:

1. Preheat oven 200C.and line a baking tray with baking paper.
2. Halve each sweet potato lengthwise, then brush with olive oil and sprinkle both sides generously with sea salt.
3. Place cut side down on the prepared sheet and roast for 30 to 40 minutes, or until cooked.
4. Remove the sweet potatoes from 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.

5. Divide half the cheese among the potato halves.
6. Spoon the black beans over them, then cover with the remaining cheese.
7. Return to the oven and cook for a further 6 to 7 minutes or until cheese has melted and the beans have warmed through.