LOADED SWEET POTATOES - from Oh She Glows Cookbook

Ingredients

2 medium sized sweet potatoes

**For the Avocado Cilantro Crema**

½ cup fresh cilantro, large stems removed

1 small clove garlic

1 large avocado

4 T fresh lime juice

¼ tsp fine sea salt

For the Loaded Sweet Potatoes

1 T extra-virgin olive oil

1 cup diced sweet onion

2 medium cloves garlic – minced

¼ o ½ tsp chili powder plus more for serving

¼ - ½ tsp cumin plus more for serving

1 14 oz. can black beans

Fine sea salt

Fresh lime juice

2 green onion, thinly sliced.

1. Preheat oven to 400 F.
2. Poke sweet potatoes. Roast for 45 – 75 minutes depending on size until the flesh is tender and you can easily slide a knife through the center. After baking allow to cool for 10 – 15 minutes
3. Make the avocado cilantro crema in food processor
4. In a medium skillet, heat the oil over medium heat. Add the onion and garlic and sauté for 3 to 5 minutes, until softened. Stir in the chili powder, cumin and black beans and cook for another minute or two. Add the salt, pepper and lime juice and stir again to combine.
5. Assemble the sweet potatoes. Slice each potato lengthwise. Score the flesh in a crisscross pattern. Gently mash the flesh with a fork to fluff. Sprinkle on some sea salt and pepper to season.
6. Layer the avocado crema and black beans by the spoonful across each potato half. Garnish each with green onion, a pinch of chili powder and cumin, and a sprinkle of salt and pepper.