

Stuffed Tex-Mex Sweet Potatoes

Don't waste any time waiting for a special occasion to make this yummy dish. It goes together in a snap as you prepare the filling and topping while the potatoes bake to a creamy and caramelized perfection.

Ingredients

- 4 medium organic sweet potatoes, washed and sliced in half lengthwise (all varieties are suitable)
- Olive oil
- 1 medium onion peeled and diced
- 1 sweet pepper seeded and diced
- 1 cup fresh or frozen corn kernels
- 1 can black beans rinsed and drained
- 2 medium seeded and chopped tomatoes
- 1 teaspoon smoked paprika
- 1 teaspoons cumin
- Pinch of cayenne or chili pepper of your choice
- 1 avocado
- 2 T vegan mayonnaise
- Juice of 2 limes
- Handful of fresh parsley and cilantro leaves (reserve a few for serving)
- A few slices of jalapeno (adjust to taste)
- Salt and pepper to taste

Directions

1. Preheat oven to 400 degrees F.
2. Liberally oil heavy baking dish or parchment lined baking sheet and arrange potatoes cut side down, not touching each other.
3. Bake until tender and cut side is caramelized but not

burnt, 25-35 minutes.

4. While potatoes bake, heat a heavy skillet, covering the bottom of the pan with olive oil. When the oil is hot, add onions, saute until translucent, adding peppers. Once peppers are tender, add corn, allowing it to roast and color a bit. Add tomatoes, black beans, seasonings and salt and pepper to taste. Stir well and cover with lid, simmering 5-10 minutes for flavors to meld. Set aside.
5. In a small blender or food processor, add avocado, mayo, lime juice, fresh herbs and jalapeno slices if desired. Blend until smooth, season to taste.
6. Once potatoes are ready, arrange the cut side up on a serving platter. Use a sharp knife to split open down the center without cutting all the way through. Potatoes should be quite tender and fall open, wide enough to be filled. If not, gently use a fork to open up the space. Divide the filling between the potatoes and top each with a generous dollop of the avocado cream. Sprinkle each with a bit of smoked paprika and some of the parsley and cilantro leaves before serving.

Enjoy!