



### **Black Bean Loaded Sweet Potatoes**

*If you don't like cilantro, just leave it out. You will need a strong blender or a food processor for the crema.*

#### Ingredients:

medium sweet potatoes  
4 green onions (sliced)

#### Black Beans:

2 Tbsp olive oil  
1 cup diced sweet onion  
2 tsp minced garlic  
1 tsp chili powder  
1/2 tsp cumin  
1 can black beans  
Salt & pepper to taste  
1 Tbsp lime juice

#### Avocado Crema Topping:

1 bunch fresh cilantro (washed and de-stemmed)  
1 clove garlic  
2 ripe Avocados (peeled and pitted)  
2 Tbsp lime juice  
1/4 tsp salt (or to taste)

#### Directions:

Preheat oven to 400. Wash and dry sweet potatoes and poke several holes in each with a fork. Place sweet potatoes in oven (they will weep sugar a little so put something underneath them — line a cookie sheet with parchment if you like or just place some tinfoil on the rack beneath). Cook for around 60 minutes (maybe more like 75 minutes, if they are especially big or bulky). While the potatoes are cooking, heat the olive oil in a frying pan. Sauté onions and garlic until soft and golden. Add beans, chili powder, cumin, salt and pepper. Once beans are hot, take them off the heat and stir in lime juice. Put avocados, garlic, cilantro, lime juice and salt into a food processor and process on high until creamy. Allow the potatoes to cool for 5-10 minutes before assembling them. Then, cut them in half, pile half of the black beans on top of each, top with crema as you like and garnish with sliced green onions and serve.