



## Stuffed Sweet Potatoes – Mexican Style

By Chef Veera Gaul, Ph.D.



### Ingredients

(\* indicates my preferred ingredients – see notes for alternatives)

2 sweet potatoes  
1 cup shredded red cabbage  
1 cup black beans  
½ cup quartered cherry tomatoes  
½ cup corn (thawed and patted dry, or off the cob)  
3 tablespoons (heaped) minced cilantro  
2 tablespoons minced red onion  
2 cloves garlic, minced  
1 lime, juiced (divided), about 2 -2 ½ tablespoons of juice  
2 tablespoons O&V [Unflavored EVOO](#) \*  
2 teaspoon O&V [Guacamole Dip](#) \*  
1 avocado  
Sliced jalapeno or red chili (optional for heat)  
2 tablespoons toasted pepitas  
[Jalapeño Crema](#) for drizzling

### Preparation

Preheat the oven to 400 F. Using a fork, prick holes all over the sweet potatoes, rub gently with 1 teaspoon of EVOO to coat lightly. Place in the oven and bake for 40 -60 minutes (depending on the size of your potatoes) until fork tender.

In a bowl, combine the shredded cabbage, black beans, tomato, corn, cilantro, red onion and garlic.

In a smaller bowl mix the Guacamole dip mix with two teaspoons of water and let sit for 5 minutes to rehydrate the herbs. Then add in 1 tablespoon of lime juice and the remaining EVOO. Combine well and drizzle over the shredded cabbage and black bean mixture. Toss well.

Mash the avocado in a small bowl, add the remaining tablespoon of lime juice and salt to taste. Prepare the Jalapeño Crema.

Make a slit down the center of the potato about halfway to the bottom of the potato. Pinch the long ends together to open up the center. Using a fork, fluff the center of the sweet potato and fill with the cabbage and black bean mixture.

Top with a dollop of mashed avocado, a drizzle of the [Jalapeño Crema](#) and a sprinkle of pepitas. Serve alongside sliced jalapeños or sliced chili for more optional heat.

Serves 2

Active time 15 minutes Total Time: 55 minutes

### Notes

\* The [Guacamole Dip](#) is a really fun and easy way to add tremendous flavor with little effort, email me for an alternative spice concoction that you can use if you prefer. The [Unflavored EVOO](#) adds antioxidant health and great flavor to the dish, feel free to substitute with your favorite high quality EVOO or even a [Garlic EVOO](#). Whatever you do, don't miss out on the amazing flavor of my favorite sauce – the [Jalapeño Crema](#)

All the highlighted products are available at [Oil & Vinegar stores](#)

Categories: Entrée, Gluten Free, Dairy Free, Snacks & Sides, Easy Weeknight Meal, Quick Dinner, Mexican Inspired, Stuffed Sweet Potato, Loaded Potatoes, Black Beans Guacamole Dip Seasoning, Unflavored EVOO, Jalapeño Crema, Garlic EVOO, Healthy, Baked Potato, Vegetarian, Vegan, Plant Based, Meatless Monday