

Sweet and Savory Twice Baked Sweet Potatoes

Recipe adapted by chef Susan Barocas and Rose Clifford, Inspired by a healthytasteoflife.com

This dish is a nod to the complimentary growing relationship of beans, corn, and squash in Native American culture. At Thanksgiving and year-round, these delicious baked stuffed sweet potatoes make a perfect side dish or vegan main course, with protein, fiber, and lots of nutrition in a tasty package.

To make this in advance, stuff the potatoes, but do not bake a second time. Refrigerate in an airtight container for up to 4 days. To use, bring to room temperature and bake as directed.

Inspired by healthytasteoflife.com

Makes 4 main course servings and 8 sides.

Ingredients:

4 medium sweet potatoes

2 tablespoons olive or other good vegetable oil (grape seed, sunflower, avocado, peanut)

1 medium red, yellow, or white onion, diced (about 1 cup)

1/2 cup dried cranberries

1 cup canned or fresh cooked black beans, rinsed and drained

2/3 cup frozen corn

1/3 cup chopped pecans or walnuts

3 tablespoon chopped parsley

5 oz box of fresh spinach, cooked until just wilted in 3 TBSP water in a covered pan (less than a minute once water comes to a boil), drained, squeezed dry, and roughly chopped (OPTIONAL)

Maple Balsamic Glaze:

3 TBSP maple syrup

3 tablespoons balsamic vinegar

1 TBSP grainy mustard

Couple pinches sea salt

Pinch ground black pepper

Method:

1. Roast sweet potatoes as directed below. When done, remove from the oven and let them cool enough to handle. To facilitate cooling, cut each baked sweet potato in half (be careful, potatoes are extremely hot!) and set aside while you assemble the rest of the ingredients.
2. While the sweet potatoes are roasting, heat oil in a large sauté pan over medium heat. Add the onions and cook over medium low heat for about 15 minutes, stirring often, until the onions are very soft and beginning to get some gold caramelization.
3. As the onions cook, soften the dried cranberries in hot water for about 5 minutes, then drain.
4. Add the cranberries, black beans, and corn to the caramelizing onions. Stir to combine and let cook together about 5 minutes. Stir in the parsley and spinach (if using). Taste and add salt and pepper as desired. Remove pan from the heat.
5. Prepare the glaze by whisking together all the ingredients in a small saucepan and heat on medium high, stirring frequently, about 4 to 5 minutes until sauce thickens.
6. When the sweet potatoes are soft, remove from the oven and let cool about 10 minutes or until comfortable to handle. Cut in half the long way, from tip to tip, and use a spoon to carefully scoop out the pulp inside, leaving a thin layer to support the skin of the potato. Set the potato skins on a lightly oiled, foiled lined baking sheet. Do not worry if the skins tear a bit.
7. Roughly mash or finely chop the sweet potato pulp and add to the mixture in the sauté pan. Stir lightly to blend, then scoop the mixture back into the potato skins. Sprinkle chopped nuts liberally over the top of each potato and then drizzle each potato half with about 2 teaspoons of the glaze.
8. Bake the stuffed potatoes in a pre-heated 375-degree oven for about 15 minutes or until hot.
9. Drizzle with more glaze if desired.

PREPARING BAKED SWEET POTATOES: Preheat the oven to 375 degrees Fahrenheit. Scrub the potatoes under cool running water. Dry them and rub the skin of each with a little olive or vegetable oil. Use the tines of a fork to pierce the skin of each potato in three or four places. Place on a parchment- or foil-lined baking sheet. Roast in preheated oven for 45 to 60 minutes, depending on the size of the potato. When ready, they are giving to the squeeze and very tender when tested with a skewer or knife.