

Easy Baked Sweet Potatoes

Sweet potatoes are a tasty and nutrient dense complex carbohydrate option. They are packed with Vitamin A, fiber, and potassium. I like to bake multiple potatoes at a time, so I have enough for the meal and leftovers 😊 Enjoy!

Ingredients:

5 medium Sweet potatoes, raw
 1 tsp Oil of choice (I use olive oil or avocado oil)
 Optional Toppings of choice (cinnamon, nutmeg, all spice, Stevia, lite butter, pepper)

Directions:

1. Preheat the oven to 425 degrees F.
2. Scrub the sweet potatoes to clean. Then cut ends off and poke holes all over the potato; I use a fork to poke holes. The holes are very important, as they allow the heat to permeate the potato and cook it through.
3. Cut 5 medium pieces of aluminum foil. These need to be big enough to wrap around one potato. Lay one piece of aluminum foil flat, place 1 tsp of oil at the center, and roll one potato in the oil. Once the potato is lathered in the oil, wrap it in the aluminum foil and ensure no openings. Repeat this with the 4 other potatoes.
4. Place wrapped potatoes on the oven rack.
5. Cook for 50-60 minutes or until sweet potatoes are soft.
6. Unwrap sweet potatoes, cut in half, and top with toppings of choice. Be careful, as the aluminum foil and potato will be hot!

Meal Ideas: Make shredded buffalo chicken or buffalo chicken dip and use as topping on these potatoes for a complete meal! Sweet and spicy is delish! Another option would be to have alongside a lean protein (such as shrimp, fish, chicken, or lean cuts of beef) and a non-starchy veggie (zucchini, steamed broccoli, roasted brussels sprouts, carrots, tossed spinach salad, etc).

Nutrition Facts:

Servings: 5

Serving Size: 1 Potato (134 g)

Easy Baked Sweet Potatoes		
Nutrition Facts		
Serving Size: 1 Potato		
Amount Per Serving	% Daily Value*	
Calories	151.6 kcal	8 %
Total Fat	4.6 g	7 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	71.6 mg	3 %
Total Carbohydrate	26.2 g	9 %
Dietary Fiber	3.9 g	16 %
Sugars	5.4 g	
Protein	2 g	4 %
Vitamin A	369 %	Vitamin C 5 %
Calcium	4 %	Iron 5 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com </>		