

A Delicious Twist on Baked Sweet Potatoes

Alex · 03/11/2021



Prep Time

55 minutes

Difficulty

Easy

Servings

4

Description

The addition of sweet potato into your daily diet can be a straightforward and tasty habit to pick up when trying to stay healthy. The sweet potato is a complete superfood that's packed with fiber and vitamin C. They're also very versatile. cooking them in the oven alone is the most simple method of cooking for them. They'll serve as the perfect base for any topping you want to add. We like them in barbeque chicken or served as an alternative to a bunless sloppy Joe. Take a look at our step-by-step directions below to bake the perfect baked sweet potato.

Ingredients

- 4 sweet potatoes, scrubbed clean
- 4 tbsp. butter
- Kosher salt
- Freshly ground black pepper

Instructions

1. Preheat oven to 425°. On a baking sheet lined with aluminum foil, prick sweet potatoes all over with a fork.
2. Bake until tender, 45 to 50 minutes.
3. Let cool, then split the tops open with a knife and top with a pat of butter.
4. Season with salt and pepper before serving.