

Smashed Sweet Potatoes

Swick

Serves 1 | Active Time: 10 minutes | Total Time: 45 minutes

Chef's Notes

This smashed sweet potato recipe is a snap! Just bake, chop green onions, toss and serve! It looks pretty and has a warm sweet flavor that goes perfect with many braised and/or roasted dishes.

Making the Sweet Potatoes

Preheat oven to 400° F (200°C).

Puncture the sweet potatoes with a fork. Place onto a parchment-lined baking tray and bake for 35 to 50 minutes, depending on the size of the sweet potatoes. When a fork slides through the center of the sweet potatoes with ease, they are ready. Allow to cool for 5 to 10 minutes or until you can handle them.

While the sweet potatoes cool, finely chop the green onions.

While the potatoes are still warm, slice them lengthwise. Peel the skin off and discard. Place the potatoes into a bowl and add the butter, green onions. Season with salt and pepper and toss. Serve immediately.

*Note: For plant-based, use a non-dairy butter such as Earth Balance.

Step 1: Making the Sweet Potatoes

- 4 medium sweet potatoes
- 3 green onions
- 1/4 tsp freshly ground black pepper
- 3/4 tsp sea salt
- 2 tbsp butter*