



Cheesy Broccoli Twice-Baked Sweet Potatoes

Give your sweet potatoes a delicious upgrade with this Twice-Baked Cheesy Broccoli Sweet Potato recipe. Soft, fluffy potatoes are filled with tender broccoli and melty cheese creating a flavorful and satisfying dish. Packed with fiber and antioxidants, they make an easy side or can be paired with a protein for a complete meal.

Yield: 8 servings

Ingredients:

- 4 large, sweet potatoes, scrubbed & patted dry
- 4 tablespoons olive oil, divided
- 1 teaspoon kosher salt
- 3-4 cups broccoli, chopped
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- 1 cup shredded cheddar (reduced fat or cheese of choice)

Directions:

1. Preheat the oven to 425°F.
2. Cut sweet potatoes in half lengthwise and coat each half evenly with 2 Tbsp of the olive oil and a sprinkle of salt. Place cut side down onto lined baking sheet.
3. Bake for 15 minutes.
4. While potatoes are roasting, toss broccoli in remaining 2 Tbsp olive oil and sprinkle with salt. Then add broccoli florets to the baking sheet with the potatoes.
5. Continue baking for 10-15 minutes or until sweet potatoes are tender and broccoli is lightly toasted.
6. Remove pan from oven, carefully scoop sweet potato flesh into large bowl, leaving skins on tray.
7. Add roasted broccoli, onion powder, garlic powder, black pepper, and cheddar cheese into the bowl, stir to combine.
8. Spoon mixture back into sweet potato skins.
9. Place stuffed potatoes back in the oven and broil for 3-4 minutes, until tops are golden brown.
10. Serve while warm. Enjoy!

Recipe notes:

- Add a can of chickpeas or chicken to broccoli cheddar mixture for added protein!

Nutrition info per serving:

Calories: 174 Saturated Fat: 2.7g, Sodium: 216.3mg, Added sugars: 0g, Fiber: 3.1g, Protein: 6.1g

Adapted from: <https://www.megseverydayindulgence.com>