



Loaded Baked Sweet Potatoes with Avocado, Pesto, and Fried Eggs

This simple yet filling meal combines fiber and healthy fats. Enjoy this flavorful meal for breakfast, brunch, or even dinner. The possibilities are endless!

Yields: 4 servings

Serving Size: 1 loaded potato

Ingredients:

- 4 medium **sweet potatoes**, washed
- 1 Tbsp **extra-virgin olive oil**
- 4 large **eggs**
- Freshly ground **black pepper**
- 2 **avocados**, sliced
- 1/3 cup **pesto**
- 1 ½ tsp crushed **red pepper flakes**

Instructions:

1. Preheat oven to 400°F with a rack set in the center. Poke sweet potatoes several times with a fork and place on the baking sheet. Roast until you can easily insert a fork into the center of a sweet potato, about 45 minutes to 1 hour.
2. When the sweet potatoes are almost done, heat oil in a medium, non-stick skillet over medium heat. Add eggs and cook until edges are crispy, whites are bubbling up, and yolk is just set, about 3 to 4 minutes.
3. Cut each sweet potato in half lengthwise, and place on serving plates. Top with fried eggs, avocado slices, and a dollop of pesto. Sprinkle with red pepper flakes and season with salt and pepper.

Per Serving: Calories 426 kcal, Carbohydrates 31.9g, Protein 11g, Saturated Fat 5.5g, Sodium 344.7mg, Fiber 9.1g, Sugars 8.2g

This recipe was adapted from [delish.com](https://www.delish.com)

