

LOADED BAKED SWEET POTATO

Preparation: **10** minutes | Cooking: **60** minutes | Servings: **4**

INGREDIENTS

4 medium sweet potatoes
4 large eggs
2 avocados, sliced
1/3 cup pesto
1 tablespoon extra-virgin olive oil
1 1/2 teaspoon crushed red pepper flakes
Kosher salt



INSTRUCTIONS

Preheat oven to 400° 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, 45 minutes to 1 hour. When the sweet potatoes are almost done, heat oil in a medium nonstick skillet over medium-heat. Add eggs and cook until edges are crispy, whites are bubbling up, and yolk is just set, 3 to 4 minutes. Cut each sweet potato in half lengthwise and place on serving plates. Top with fried eggs, avocado and a dollop of pesto. Sprinkle with red pepper flakes and season with salt and pepper.