Microwave Sweet Potato

https://classicbakes.com/recipes/microwave-sweet-potato

- **Prep Time:** 5 mins
- **Cook Time:** 5 mins
- **Total Time:** 10 mins
- **Serves:** 2

### Ingredients

**Sweet Potatoes**

- 2 medium [Sweet Potatoes](#)
- 2 tablespoons [Olive Oil](#)
- 1 teaspoon [Kosher Salt](#)
- 1/4 teaspoon [Black Pepper](#)

**Yogurt Lime Sauce**
- 1 cup Vegan Cashew Yogurt
- Juice of 1 Lime
- 3 tablespoons chopped Chives
- 1 teaspoon Garlic Powder
- 1 teaspoon Onion Powder
- 1/4 teaspoon Kosher Salt
- 1/4 teaspoon Black Pepper

**Instructions**

**Sweet Potatoes**
1. Scrub the sweet potatoes thoroughly under cold running water using a [vegetable brush].
2. Pat the sweet potatoes dry and use a [paring knife] to cut any blemishes off the sweet potatoes.
3. Using a fork, pierce each sweet potato 4-5 times. Make sure you prick the sweet potatoes all over to let steam escape and prevent them from exploding in the [microwave].
4. Rub each sweet potato with a tablespoon of olive oil, then sprinkle them with salt and black pepper.
5. Place the sweet potatoes onto a [microwave-safe plate] and heat them on high for 5 minutes turning the potatoes over with a pair of [tongs] every 2 minutes.
6. Remove the sweet potatoes from the microwave using [oven mitts] and check them for doneness. If a paring knife easily slides into the sweet potato all the way to the center, it is done. If your sweet potatoes are not done cooking, return them to the microwave and cook them in 1-minute increments turning them over every 2 minutes until the sweet potatoes are done.

**Yogurt Lime Sauce**
1. Whisk the cashew yogurt, lime juice, two tablespoons of chives, garlic powder, onion powder, salt, and pepper until combined. Place the sweet potatoes onto a
serving dish, add a dollop of the yogurt lime sauce to each sweet potato and garnish them with the remaining tablespoon of chives.

**Full recipe:** [https://classicbakes.com/recipes/microwave-sweet-potato](https://classicbakes.com/recipes/microwave-sweet-potato)