

Prep Time: 15 minutes

Cook Time: 55 minutes

Total Time: 1 hour 10 minutes

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Description

These Cranberry Apple Pecan Stuffed Sweet Potatoes are the ultimate balance of sweet and savory. Fluffy, roasted sweet potatoes are loaded with a warm, spiced filling of tart apples, juicy cranberries, and crunchy pecans. It's a hearty vegetarian main dish or a stunning side for your holiday table. The natural sweetness of the potato pairs perfectly with the zing of the cranberries and the warmth of cinnamon.

Ingredients

For the Sweet Potatoes:

- 4 medium sweet potatoes (about 8–10 oz each), scrubbed and dried
- 1 tbsp olive oil
- Sea salt, to taste

For the Filling:

- 1 tbsp unsalted butter (or coconut oil for vegan)
- 1 medium sweet onion (about 1 cup), finely diced
- 2 cloves garlic, minced
- 1 large firm apple (Honeycrisp or Granny Smith), peeled and diced into ½-inch cubes
- ½ cup dried cranberries
- ½ cup pecans, roughly chopped
- 1 tsp fresh thyme leaves (or ½ tsp dried)
- ½ tsp ground cinnamon

- ¼ tsp ground nutmeg
- Pinch of cayenne pepper (optional, for heat)
- Salt and black pepper, to taste
- ¼ cup vegetable broth (or apple cider)
- 2 tbsp maple syrup (optional, for extra sweetness)

For Garnish:

- Fresh thyme sprigs
- Extra chopped pecans

Equipment

- Baking sheet
- Parchment paper

- Large skillet
 - Fork or potato masher
 - Sharp knife and cutting board
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Instructions

Phase 1: Roasting the Sweet Potatoes

Time: 45–55 minutes | Intensity: Low (Passive)

1. Preheat: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Prep: Prick the washed sweet potatoes all over with a fork. Rub them with olive oil and sprinkle with sea salt.
3. Roast: Place the potatoes on the baking sheet. Roast for 45–55 minutes, or until they are completely tender and a knife slides in with no resistance. The cooking time depends on the thickness of your potatoes.
4. Rest: Remove from the oven and let them cool for 5–10 minutes, just until they are cool enough to handle.

Phase 2: Preparing the Filling

Time: 15 minutes | Intensity: Medium (Active)

1. **Sauté Aromatics:** While the potatoes are roasting, melt the butter in a large skillet over medium heat. Add the diced onion and cook for 4–5 minutes until translucent and soft.
2. **Add Garlic & Apple:** Add the garlic and cook for 30 seconds until fragrant. Add the diced apple and cook for 3–4 minutes until slightly softened but still holding their shape.
3. **Spice It Up:** Stir in the dried cranberries, chopped pecans, thyme, cinnamon, nutmeg, cayenne (if using), salt, and pepper. Cook for 1 minute to toast the spices.
4. **Deglaze:** Pour in the vegetable broth (or apple cider) to deglaze the pan, scraping up any browned bits. Let it simmer for 2–3 minutes until the liquid has mostly evaporated and the mixture is glossy. Taste and adjust seasoning. If you prefer a sweeter filling, stir in the maple syrup now.
5. **Keep Warm:** Remove from heat and cover to keep warm while you finish the potatoes.

Phase 3: Assembly & Finishing

Time: 10 minutes | Intensity: Low-Medium

1. **Open the Potatoes:** Slice each roasted sweet potato lengthwise down the center, being careful not to cut all the way through. Use a fork to gently fluff the inside flesh.

2. **Stuff:** Spoon a generous amount of the apple-pecan mixture into the opening of each potato, packing it lightly. You want to fill them until they are overflowing.
 3. **Broil (Optional):** For a golden, crispy top, place the stuffed potatoes back on the baking sheet and broil on high for 2-3 minutes. Watch them closely to ensure the pecans don't burn.
 4. **Garnish & Serve:** Garnish with fresh thyme sprigs and extra chopped pecans. Serve hot.
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Recipe Notes & Tips

- **Make-Ahead:** You can roast the sweet potatoes and prepare the filling up to 2 days in advance. Store them separately in the fridge. Reheat the potatoes in the oven at 350°F until warm, and reheat the filling in a skillet before stuffing.
- **Vegan Option:** Substitute the butter with coconut oil or vegan butter.
- **Texture:** For a crunchier topping, add an extra handful of pecans just before serving.
- **Potato Size:** If your sweet potatoes are very large, you may need to increase the roasting time by 10-15 minutes.

Nutrition Information (Per Serving)

Based on 4 servings. Values are estimates and will vary based on specific ingredients used.

- Calories: 410 kcal
- Total Fat: 16g
- Saturated Fat: 3g
- Cholesterol: 5mg
- Sodium: 220mg
- Total Carbohydrates: 63g
- Dietary Fiber: 9g
- Total Sugars: 28g
- Protein: 5g
- Vitamin A: 380% DV

- Vitamin C: 30% DV

- Calcium: 6% DV

- Iron: 10% DV