

DINNER / HIGH PROTEIN



Baked Sweet Potato with Smoked Salmon and Avocado

A baked sweet potato topped with creamy avocado, smoked salmon, and crisp broccoli sprouts for an easy protein-first dinner.

53 min

1 serving

Dinner

high-protein

meal-prep

398

Calories / serving

28g

Protein / serving

35g

Carbs / serving

17g

Fat / serving



Ingredients

- 1 sweet potato, about 5 inches long (130 g)
- 1 dash salt (0.4 g)
- 1/2 avocado (68 g)
- 4.5 oz, boneless smoked salmon (127.58 g)
- 1/2 cup broccoli sprouts (10 g)

Method

- 1 Pierce the sweet potato several times with a fork. Set it on a baking tray and bake at 425°F for 40 to 50 minutes; this step can be done ahead.
- 2 Split the cooked potato and loosen the flesh lightly with a fork.
- 3 Finish with the salt, avocado, smoked salmon, and broccoli sprouts.

RENEE'S NOTE

"Bake the sweet potato ahead for a busy night, then warm it just enough to mash the center without drying it out. Refrigerate within 2 hours, keep at 40°F (4°C) or below, and use refrigerated leftovers within 3 to 4 days."

RENEE'S TWEAK

For meal prep, pack the avocado, smoked salmon, and sprouts separately and assemble after reheating the potato so everything stays fresh.