



How to Bake Sweet Potatoes Step-by-Step

For basic baked sweet potatoes, follow these instructions to reach a fluffy and tender consistency.

Ingredients:

- 4 sweet potatoes
- 2 tablespoons olive oil
- Salt and pepper
- Toppings of your choice

Instructions:

1. Preheat the oven to 425 degrees F. Line a baking sheet with aluminum foil or parchment paper and lightly spray it with cooking spray.
2. Thoroughly wash and dry sweet potatoes. Use a knife to make about eight crosswise slashes up and down the potato.
3. Rub the skin with olive oil and sprinkle with salt and pepper. Bake the sweet potatoes for 30 minutes. Rotate the pan 180 degrees and bake for an additional 15-30 minutes. A fork or knife should be easily inserted into the center of the potato when it's finished baking.
4. Remove from the oven and allow the potatoes to cool for five minutes. Season with butter, brown sugar, pecans, marshmallows or any other topping of your choice.



Tips for Baking Sweet Potatoes

Before you get started, consider these tips for baking sweet potatoes to perfection:

Knife Over Fork

If you're like me, you've probably tried the fork stabbing method when cooking baked potatoes. If that hasn't worked for you, try slashing the potato crosswise about eight times up and down the potato.

This will help the heat to reach the center of the potato and allows moisture to escape during the cooking process (so you don't end up with a watery result).

Turn up the Heat

Don't be afraid to cook your sweet potato longer and hotter (we're talking up to 425 degrees F). This will help caramelize the natural sugars in the sweet potato, giving you the crunchy and sweet sheen.

Dry for Crisp Skin

After thoroughly washing your potato, you want to make sure you get the skin as dry as possible. Cooking a wet or damp potato means you're going to steam the skin. Making sure your sweet potato is dry will ensure you get that dry, crispy skin.

Use Foil or Parchment Paper

Line your baking sheet with aluminum foil or parchment paper and lightly spray it with cooking spray. Sweet potatoes have natural sugars that will ooze out and caramelize during cooking, so using foil or parchment paper will prevent sticking as much as possible.

4 More Ways to Bake Sweet Potatoes - Recipes linked below.

[1. Baked Sweet Potatoes](#)

If you're in the market for a more savory sweet potato side dish, give this simple recipe a try. "Very healthy and tasty sweet potatoes that will be a great addition to any meal. Very easy!"

Prep Time: 5 mins **Cook Time:** 1 hrs **Total Time:** 1 hrs 5 mins **Servings:** 4

[2. Twice-Baked Sweet Potatoes](#)

Recipe creator SDELATORE says, "This creamy sweet potato recipe is a huge hit with everyone. A friend served a version of these at a luncheon, and I absolutely loved it. I found some sweet potatoes in my fridge that I hadn't used and decided to try it. Everyone at work flipped over them! They're great with pork chops or steak, too!"

Prep Time: 20 mins **Cook Time:** 45 mins **Total Time:** 1 hrs 5 mins **Servings:** 12

[3. Roasted Beets 'n' Sweets](#)

"This is a great autumn or winter side dish, especially for those who like things sweet and salty. The colors are beautiful and make a nice autumn presentation," says recipe creator DRUMNWRITE.

Prep Time: 15 mins **Cook Time:** 1 hrs **Total Time:** 1 hrs 15 mins **Servings:** 6

Yield: 6 servings

[4. Yummy Sweet Potato Casserole](#)

Recipe creator TINA B says, "My family begs me to make this creamy baked dish every Thanksgiving and Christmas. What makes it so good is the pecan topping! Try it and I'm sure it will become your new tradition!"