
Twice Baked Sweet Potatoes

Description

There are so many ways to enjoy the subtle sweetness of yams - boiled, baked, mashed, and in soups. Not only are they easy to prepare, they're also good for you and taste fantastic.

Total time: 1 hr Yield: 6 Servings

Ingredients

4 medium orange flesh sweet potatoes or yams
1/2 cup low-fat sour cream
3 Tbsp milk (or substitute 3 tablespoons butter)
1/4 cup parmesan cheese (grated)
salt (to taste)
fresh ground black pepper (to taste)
4 slices bacon (cooked and crumbled)
2 Tbsp chives (chopped)

Prep Time: 1 hr Total Time: 1 hr

Instructions

Pre-heat oven to 375° F. Cut the sweet potatoes in half and bake on a baking pan, cut side up, for about 35 minutes or until the insides are soft. Remove them from the oven, and let them cool down enough to handle. With a spoon, scoop out the meat and place in a bowl, leaving the skin intact. With a fork, gently mash the potato, and add the sour cream, milk, and parmesan cheese. Season with salt and pepper. Stuff each potato skin with the potato mixture and return to the oven. Bake for 10 to 12 minutes. Let cool for a few minutes, sprinkle with bacon and chives, and serve.

Recipe brought to you by:

Chef Michi Holland

Source:

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