

Twice Baked Sweet Potatoes

Serving Size: 1 half of 1 potato

Serves: 4

Ingredients

3 medium sweet potatoes
2 tablespoons margarine
2 tablespoons fat free sour cream
Dash of coarse ground black pepper
Dash of salt
2 tablespoons cheddar cheese, grated (optional)
2 tablespoons chopped chives

Directions

Preheat oven to 350 degrees.

Bake the sweet potatoes for ~30 minutes until fork tender. Remove from the oven and allow to cool.

Cut each potato in half lengthwise. Being careful to keep the skin intact, scoop out the cooked centers and reserve 4 of the skins and all of the sweet potato meat. Arrange 4 potato skin halves on a baking sheet.

In a mixing bowl, combine the sweet potato meat, margarine, sour cream, salt and pepper. Mix well.

Using a pastry bag, pipe the filling back into the 4 potato skins. Sprinkle with the cheddar cheese and chives. Return to the oven for 10 to 15 minutes just to melt the cheese. Serve hot.

Exchanges per serving:

1 Starch, 1 Fat

Nutrients per serving:

Calories: 141
Calories from fat: 48
Total Fat: 5g
Saturated Fat: 2g
Cholesterol: 2mg
Sodium: 145mg
Carbohydrate: 21g
Dietary Fiber: 3g
Protein: 2g