

# Live Healthy Recipe

December 2022



## Twice-Baked Sweet Potatoes

### Ingredients:

- 8 medium sweet potatoes (10-12 ounces each)
- 1 tablespoon canola or sunflower oil
- ½ cup finely grated Parmesan cheese, divided
- ⅓ cup sour cream
- 2 tablespoons pure maple syrup
- 1 teaspoon salt
- ½ teaspoon ground pepper
- ½ teaspoon freshly grated or ground nutmeg
- Fried baby kale leaves for garnish (see Tip)

### Directions:

1. Preheat oven to 400 degrees F. Line a large rimmed baking sheet with parchment paper.
2. Prick sweet potatoes in 3 to 4 spots with a fork. Rub with oil and place on the prepared baking sheet. Roast until tender, 45 minutes to 1 hour. Let stand until cool enough to handle.
3. Increase oven temperature to 450 degrees.
4. Slice each sweet potato in half horizontally and scoop the flesh into a large bowl, leaving a generous ¼-inch border in the skins. Place 12 of the prettiest skins back on the baking sheet. (Discard the remaining 4 skins.)
5. Add ¼ cup cheese, sour cream, syrup, salt, pepper and nutmeg to the sweet potato flesh and mash with a potato masher until smooth. Divide the filling among the skins. Top each with a little of the remaining cheese.
6. Bake until the filling is bubbling, 20 to 25 minutes. Garnish with fried baby kale leaves, if desired.

To make ahead: Prepare through Step 5 and refrigerate for up to 4 hours; let stand at room temperature while the oven preheats.

Equipment: Parchment paper

Tip: To turn baby kale into a cool garnish, make sure the leaves are dry, then fry them in hot oil until crisp, about 30 seconds. Drain on paper towels. This also works for herbs like sage or other soft greens like carrot tops.

### Nutrition Facts:

Serving Size: ½ sweet potato

Per Serving: 113 calories; protein 2.6g; carbohydrates 18.8g; dietary fiber 2.6g; sugars 7.2g; fat 3.3g; saturated fat 1.2g; cholesterol 6mg; vitamin a iu 14662.7IU; vitamin c 14.9mg; folate 5.1mg; calcium 66.9mg; iron 0.6mg; magnesium 23.3mg; potassium 382.5mg; sodium 283.4mg; added sugar 2g.

Exchanges: 1 starch, ½ fat

Recipe from [eatingwell.com](http://eatingwell.com)