

Twice Baked Sweet Potatoes



Ingredients:

- 2 sweet potatoes
- 2 ounces reduced-fat cream cheese, softened
- 1 tablespoon brown sugar
- 1/4 teaspoon ground cinnamon
- 2 tablespoons walnuts or pecans, chopped

Instructions:

1. Preheat oven to 375 F.
2. Wash and dry the potatoes. Use a fork to poke holes in sweet potatoes.
3. Bake at 375 F for 1 hour or until tender.
4. When cooled slightly, cut a thin slice off the top of each potato (length-wise) and discard. Scoop out the pulp, leaving a thin layer throughout.
5. In a small bowl, mash the potatoes with cream cheese. Stir in brown sugar and cinnamon.
6. Spoon mixture back into potato shells. Sprinkle with pecans.
7. Place on a baking sheet and bake for 15-20 minutes or until heated through.

Makes 2 servings.



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