HASSELBACK SWEET POTATOES WITH MARSHMALLOWS

Here's a perfect side dish for Thanksgiving dinner that's healthy and yummy! Enjoy!

Ingredients:

- 2 medium sweet potatoes, scrubbed
- 1T oil (canola, avocado or coconut)
- ½ tsp salt
- ¾ cup mini marshmallows
- 2T organic butter
- 2 tsp finely chopped fresh sage or ¾ tsp dried



Directions:

Preheat oven to 425° F. Make crosswise cuts every ⅛ to ¼ inch along each sweet potato, slicing almost to the bottom but not all the way through. Place the potatoes in an 8-inch-square baking dish. Brush all over with oil and sprinkle with salt. Bake the potatoes until very tender, about 1¼ hours. When the potatoes are tender, remove from the oven and carefully stuff a few marshmallows into the cuts. (It helps to squish the marshmallows a bit so they' re small enough to fit into the cuts.) Return to the oven and continue baking until the marshmallows are lightly browned, 3 to 4 minutes. Meanwhile, melt butter in a small skillet over medium heat. Add sage and cook, gently swirling, until the butter is browned, about 3 minutes. Drizzle the sage butter over the sweet potatoes. Serve warm. Makes 4 servings.

NUTRITION PER SERVING:

Serving size: ½ sweet potato
Per serving: 163 calories; 9 g fat(4 g sat); 2 g fiber; 19 g carbohydrates; 1 g protein; 4 mcg folate; 15 mg cholesterol; 9 g sugars; 5 g added sugars; 11,139 IU vitamin A; 11 mg vitamin C; 26 mg calcium; 0 mg iron; 320 mg sodium; 274 mg potassium

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