TWICE-BAKED SWEET POTATO

INGREDIENTS:

- 8 medium sweet potatoes
- 1 tbls of your favorite oil
- ½ cup finely grated Parmesan cheese, divided
- ⅓ cup sour cream
- 2 tbls pure maple syrup
- 1 teaspoon salt
- ½ tsp ground pepper
- ½ tsp freshly grated or ground nutmeg
- Fried baby kale leaves for garnish (see Tip)



SERVING SIZE: 1/2 SWEET POTATO

NUTRITION PER SERVING:

- 113 calories
- 3G protein
- 19g carbs
- 3g fiber
- 7g sugar
- 3g fat
- 1g saturated fat
- 6mg cholesterol
- 283mg sodium
- 2g added sugar

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.

DIRECTIONS:

- Preheat oven to 400 degrees F. Line a large, rimmed baking sheet with parchment paper.
- 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.
- Increase oven temperature to 450 degrees.
- Slice each sweet potato in half horizontally and scoop the flesh into a large bowl, leaving a generous 1/4-inch border in the skins. Place 12 of the prettiest skins back on the baking sheet. (Discard the remaining 4 skins.)
- Add 1/4 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.
- Bake until the filling is bubbling, 20 to 25 minutes.
- Garnish with fried baby kale leaves, if desired. Makes 12 servings.

Reference: www.eatingwell.com