



Twice Baked Sweet Potatoes

Prep: 30 minutes

Bake: 55 minutes • Serves: 8

Nonstick cooking spray

- 4 medium sweet potatoes (about 12 ounces each)
- 1 tablespoon canola oil
- 3 green onions, chopped (about ¼ cup)
- 1 cup chopped white mushrooms
- ¼ cup drained and chopped roasted sweet red peppers
- 1 package (8 ounces) cream cheese, softened
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh sage
- ½ teaspoon salt
- ½ cup grated Parmesan cheese

1. Preheat oven to 350°F; spray rimmed baking pan with cooking spray. Cut potatoes lengthwise in half; place cut side down on prepared pan. Bake 40 to 45 minutes or until tender; cool slightly.

2. Meanwhile, in large skillet, heat canola oil over medium heat. Add onions and mushrooms; cook 5 minutes. Add peppers; cook 2 minutes or until vegetables are tender.

3. When potatoes are cool enough to handle, with spoon, leaving at least a ¼-inch wall, scoop out inside portion of each potato half into large bowl; return potato halves, skin side down, to same pan. With fork, mash potatoes in bowl until small lumps remain. Add cream cheese, thyme, sage, salt and mushroom mixture; stir until well combined. Spoon potato mixture into potato shells; evenly sprinkle with Parmesan cheese.

4. Bake 15 to 17 minutes longer or until cheese browns and potatoes are heated through.

Approximate nutritional values per serving:

290 Calories, 12g Fat (7g Saturated), 36mg Cholesterol, 442mg Sodium, 37g Carbohydrates, 5g Fiber, 7g Protein

Helpful tip:

> Potatoes can be prepared through step 3 (leave off Parmesan cheese), covered and refrigerated up to 2 days in advance. Before serving, sprinkle potatoes with Parmesan cheese and heat in 350°F oven 25 to 30 minutes or until cheese browns and potatoes are heated through.