

## Twice Baked Sweet Potatoes



Where service *and savings* matter.

**SERVINGS:** 4 servings

**INGREDIENTS:**

**NUTRITIONALS**

Nutritional analysis per serving:  
calories 200, calories from fat 20,  
total fat 2g, saturated fat 1g,  
cholesterol 5mg, sodium 100mg,  
total carbohydrate 42g, dietary fiber  
4g, sugars 14g, protein 4g, vitamin A  
440%, vitamin C 30%, calcium 8%,  
iron 4%

4 sweet potatoes  
4 tsp Land'O Lakes light butter  
2/3 cup skim milk  
1/2 tsp cinnamon  
1/2 tsp nutmeg  
1/8 tsp ginger  
3/4 cup miniature marshmallows

**DIRECTIONS:**

1. Wrap washed sweet potatoes in aluminum foil, pierce, and bake in an iron skillet, Dutch oven, or pan. Bake 20 minutes at 500°F. Lower oven to 400°F, bake approximately 30 minutes longer or until tender. Let sweet potato cool. Leaving foil on potato, cut in half, remove pulp, save skins.
2. Mix pulp with milk, cinnamon, nutmeg, and ginger. Add butter to pulp mixture. Beat pulp mixture with an electric mixer until smooth. Spoon pulp into shells, top evenly with marshmallows, and bake on a baking sheet for 10-15 minutes at 350°F.

Source: Fast and Healthy Magazine 1995, p. 33

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