Twice-Baked Sweet Potatoes
From – www.health.com

2 medium sweet potatoes (8 to 10 ounces each)
3 ounces Canadian bacon, diced
2 Tbsp reduced-fat sour cream
3 tsp chopped fresh chives
2 Tbsp shredded reduced-fat sharp cheddar cheese

• Pierce potatoes with a fork, and arrange on paper towels. Microwave on high 8 minutes; turn potatoes over after 4 minutes.
• Cut each potato in half lengthwise, and scoop out the pulp, leaving 1/4-inch-thick shells.
• Mash pulp with Canadian bacon, sour cream, and 2 tsp chives in a bowl.
• Spoon mixture into shells.
• Sprinkle cheese over tops of potatoes.
• Microwave on high 2 minutes, and sprinkle with 1 tsp chives.

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