

Twice Baked Sweet Potato with Munster Cheese and Jalapenos

Sweet potatoes have a naturally creamy texture. They also happen to have over 200% of your daily vitamin A per serving. Lower in carbs than white potatoes, they make sense for a lower carb diet.

Serves 2-4

Ingredients

2 medium sweet potatoes (about 1 1/4 pounds)
3 ounces pickled jalapenos, diced
2 tablespoons reduced-fat sour cream
5 tablespoons reduced-fat Cabot Munster cheese, shredded & divided
2 scallions, thinly sliced (optional)

Directions

Pierce the skin of the potatoes with a fork several times. To microwave, place on a paper towel or paper plate. Microwave on high for 6-8 minutes, turning the potatoes once as they cook. To cook in the oven, wrap the pierced potatoes in aluminum foil and bake in a 350° preheated oven for 55-60 minutes. Potatoes should be soft to the touch. Cut the potatoes in half lengthwise. Carefully scoop out the pulp, leaving 1/4-1/2 inch thick shell, so that the potato shell retains its shape.

Preheat oven to 350°. Meanwhile, in a medium bowl, mash the pulp with the sour cream, jalapeno, two tablespoons of cheese and scallions, if using. Spoon mixture back into the shells and sprinkle the remaining cheese on top. Cover a large baking sheet with parchment or aluminum foil. Place the potatoes on the baking sheet and bake for 10-15 minutes or until the cheese has melted.

Make It A Meal

Serve with Hell's Kitchen Chili or Chicken Caesar

Wine Pairing

Pinot Noir, Sauvignon Blanc, Riesling