

# Twice-Baked Sweet Potatoes

From – [www.health.com](http://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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