

# Stuffed Sweet Potatoes

*Alison Ladman - Associated Press  
Scripps Howard Newspapers*

## Servings: 8

*4 large sweet potatoes  
1 pound loose fennel sausage meat  
1/4 cup shallots, chopped  
4 cloves garlic, minced  
2 tablespoons rosemary, minced  
1 large apple, peeled, cored and diced  
1 cup cheese curds, chopped  
Kosher salt and ground black pepper*

## Preparation Time: 20 minutes

Preheat the oven to 350 degrees.

Use a fork to poke several holes into each potato. Place them directly on the oven's middle rack. Bake for 45 minutes or until tender throughout when pierced with a knife. Remove from the oven and set aside to cool. Leave the oven on.

Meanwhile, in a medium skillet over medium-high heat, saute' the sausage, shallots, garlic and rosemary until the sausage is browned and cooked through. Remove from the heat. Stir in the apple, then set aside.

Once the potatoes have cooled enough to handle, cut each in half lengthwise. Use a spoon to carefully scoop out most of the insides, leaving about 1/4-inch of flesh. Add the scooped out sweet potato and the cheese curds to the sausage mixture, mixing it well. Season with salt and pepper. Spoon the mixture back into the sweet potato shells.

Arrange the filled sweet potato halves on a rimmed baking sheet.

Bake for 25 minutes or until lightly browned on top.

Start to Finish Time: 1 hour 30 minutes

*If you can't find cheese curds?  
Substitute shredded or chopped  
cheddar*

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Per Serving (excluding unknown items): 87 Calories; trace Fat (3.9% calories from fat); 1g Protein; 20g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 0 Fruit; 0 Fat.

Side Dishes

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	87	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	3.9%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	90.0%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	6.1%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	11mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	20g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	3g	<b>Grain (Starch):</b>	1
<b>Protein (g):</b>	1g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	10mg	<b>Vegetable:</b>	1/2
<b>Potassium (mg):</b>	183mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	31mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	1mg	<b>Fat:</b>	0
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	17mg		
<b>Vitamin A (i.u.):</b>	13700IU		
<b>Vitamin A (r.e.):</b>	1370RE		

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 87 **Calories from Fat:** 3

### % Daily Values\*

<b>Total Fat</b>	trace	1%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	10mg	0%
<b>Total Carbohydrates</b>	20g	7%
Dietary Fiber	3g	11%
<b>Protein</b>	1g	
<b>Vitamin A</b>		274%
<b>Vitamin C</b>		29%
<b>Calcium</b>		3%
<b>Iron</b>		4%

\* Percent Daily Values are based on a 2000 calorie diet.