

## Twice Baked Sweet Potatoes

Dixie Crystals Sugar

**Servings: 8**

**Preparation Time: 30 minutes**

**Bake Time: 30 minutes**

*To bake the potatoes for the first time, preheat the oven to 425 degrees. Wash and scrub the potatoes thoroughly under running water and pat dry. Pierce the potatoes several times with a fork. Bake the potatoes directly on the middle rack of the oven for 50 to 60 minutes or until tender.*

**4 medium sweet potatoes, baked**

**6 tablespoons butter or margarine, softened and divided**

**3/4 cup Imperial Sugar light brown sugar**

**2 tablespoons orange juice**

**1 teaspoon ground cinnamon**

**1/4 teaspoon salt**

**1/4 cup pecans, chopped**

**1 tablespoon all-purpose flour**

Preheat the oven to 400 degrees.

Slice the potatoes in half lengthwise. Scoop the potato out of each half, leaving a 1/4-inch thick shell.

Combine the potato pulp, 1/4 cup of butter, 1/2 cup of brown sugar, orange juice and cinnamon in a large bowl. Mash the contents until smooth and creamy. Spoon the mashed potato mixture back into the potato shells.

Combine the remaining brown sugar, remaining butter, pecans and flour. Mix until blended. Divide the mixture evenly on the tops of the potatoes.

Place the filled potato shells in a large baking pan.

Bake for 25 to 30 minutes or until the tops are lightly browned and the filling is hot.

Yield: 1/2 potato each serving

---

Per Serving (excluding unknown items): 173 Calories; 11g Fat (56.4% calories from fat); 2g Protein; 18g Carbohydrate; 2g Dietary Fiber; 23mg Cholesterol; 163mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 Fat.