

Twice-Baked Sweet Potato

Chef Alyssa - Aldi Test Kitchen
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Servings: 4

4 large sweet potatoes
1 tablespoon vegetable oil
2 tablespoons salt, divided
9 ounces flat leaf spinach
8 ounces dried cranberries
2 teaspoons ground black pepper
4 ounces honey goat cheese, crumbled

Preparation Time: 5 minutes**Cook Time: 1 hour**

Preheat the oven to 350 degrees.

Rinse the potatoes with cool water. Place on a baking sheet. Drizzle with oil and one tablespoon of salt.

Bake for 45 minutes or until fork tender.

Cut a three-inch slit in the top of each potato. Scoop the insides into a medium-sized bowl. Reserve the skins. Mash together with the spinach, dried cranberries, pepper and remaining salt.

Divide the mixture into four portions. Spoon into the reserved skins. Top with the goat cheese.

Bake for 10 minutes or until the cheese has melted.

Per Serving (excluding unknown items): 197 Calories; 4g Fat (17.0% calories from fat); 2g Protein; 40g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 3215mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Fruit; 1/2 Fat.