

Twice-Baked Sweet Potatoes

Kimberly Hasselbrink - Vibrant Food
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Servings: 4

2 (12 ounce ea) sweet potatoes
1 tablespoon olive oil
1/2 yellow onion, diced
3/4 cup Tuscan kale, stemmed and
chopped
1/4 cup plain Greek yogurt
1/4 cup Parmigiano-Reggiano
cheese, grated
2 teaspoons fresh thyme, chopped
1/2 teaspoon salt
1/2 cup feta cheese, crumbled

Preheat the oven to 400 degrees.

Prick the sweet potatoes with a fork. Roast in a
baking pan 45 to 60 minutes until tender. Let
cool about 20 minutes.

Heat a skillet over medium-low heat. Add the
olive oil. Add the diced onion. Saute' until soft.
Add the kale. Saute' until wilted.

Slice the sweet potatoes into halves lengthwise.
Hollow each half with a spoon. Place the cooked
flesh in a large mixing bowl. Add the kale
mixture, yogurt, Parmigiano-Reggiano cheese,
thyme and salt. Mix well.

Divide the filling among the sweet potato skins.
Top with feta cheese. Return the potato skins to
the roasting pan.

Bake for 15 to 20 minutes until the cheese is
golden and the sweet potatoes are warmed. Let
cool for 5 minutes.

Serve.

Per Serving (excluding unknown
items): 213 Calories; 8g Fat (32.3%
calories from fat); 5g Protein; 32g
Carbohydrate; 4g Dietary Fiber;
17mg Cholesterol; 492mg Sodium.
Exchanges: 2 Grain(Starch); 1/2
Lean Meat; 0 Vegetable; 1 Fat.

Side Dishes

Calories (kcal): 213
% Calories from Fat: 32.3%
% Calories from Carbohydrates: 58.7%
% Calories from Protein: 9.0%
Total Fat (g): 8g
Saturated Fat (g): 3g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 17mg
Carbohydrate (g): 32g
Dietary Fiber (g): 4g
Protein (g): 5g
Sodium (mg): 492mg
Potassium (mg): 285mg
Calcium (mg): 125mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 29mg
Vitamin A (i.u.): 24674IU
Vitamin A (r.e.): 2482 1/2RE

Vitamin B6 (mg): .4mg
Vitamin B12 (mcg): .3mcg
Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): .3mg
Folacin (mcg): 26mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 2
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 213 **Calories from Fat:** 69

% Daily Values*

Total Fat	8g	12%
Saturated Fat	3g	17%
Cholesterol	17mg	6%
Sodium	492mg	21%
Total Carbohydrates	32g	11%
Dietary Fiber	4g	16%
Protein	5g	

Vitamin A	493%
Vitamin C	49%
Calcium	13%
Iron	5%

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