

LOCKED AND LOADED TWICE BAKED SWEET POTATO

Medium Recipe

These loaded twice baked sweet potatoes are a delicious and hearty side dish.

PREP TIME:

15 minutes

COOKING TIME:

20 minutes

AMOUNT RECIPE MAKES:

12 servings

SKILLS USED:

Measuring, cutting, mashing, mixing/stirring, baking using the oven

[Adapted from All Recipes](#)

Nutrition Nuggets: Sweet potatoes are nutrition powerhouses! Packed with vitamins, minerals, and fibre, these sweet starches hit the spot. They are especially high in vitamin A, vitamin C, potassium, and manganese!

Leftover Love: Twice baked sweet potatoes are great leftover as an accompaniment to your meal! Simply store them in an airtight container in the fridge and reheat in the microwave the next day.

Food for Thought: Feel free to get creative with this dish and add in ingredients like bacon bits, green onions, jalapeno peppers, and cheese!

EQUIPMENT:

- Microwave
- Fork
- Plate
- Large bowl
- Spoon
- Potato masher or fork
- Measuring cups and spoons
- Knife
- Cutting board
- Paper towel

INGREDIENTS:

- 6 sweet potatoes
- 2 tablespoons oil
- 1 package cream cheese, softened
(*can use dairy-free, lactose-free, or vegan cream cheese*)
- 1/3 cup brown sugar
- 2 tablespoons margarine
- 1 tablespoon vanilla extract
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/3 cup chopped walnuts (*optional*)

DIRECTIONS:

1. Wash the sweet potatoes and use a fork to poke several holes into each potato. Wrap each potato in a paper towel.
2. Place the sweet potatoes on a plate and put them in the microwave. For 2 medium sized potatoes, microwave for about 5 - 7 minutes until tender.
3. Meanwhile, in a large bowl, combine cream cheese, brown sugar, margarine, vanilla, salt, and pepper.
4. Cut potatoes in half and scoop the potato flesh into the bowl with the other ingredients. Mash well and then fold in walnuts. Spoon mixture into potato skins.
5. Bake at 350°F for 5 minutes, or until heated through.