

Cheesy Stuffed Sweet Potatoes

The sweet and savory flavors of these potatoes are a perfect complement to roasted chicken or lamb.



INGREDIENTS

(Serves 8)

Sweet Potatoes (or yams) about 230g each	6
Olive Oil	15ml
Shallots, diced	100g
Fennel Bulb, diced	200g
Apples, Fuji, skin-on, cored, diced	150g
Cinnamon, ground	0.5g
Sage, fresh, minced	4g
Black Pepper	.5g
Salt	3g
U.S. Cheddar, divided in half	200g

NUTRITIONAL CONTENT

Per 100g

Calories	128kcal
Total Fat	6g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	13mg
Total Carbohydrates	15g
Dietary Fiber	3g
Sugars	6g
Protein	5g
Calcium	122mg
Magnesium	23mg
Phosphorus	105mg
Potassium	363mg
Sodium	190mg
Iron	1mg
Vitamin A	10936IU
Vitamin C	13mg

PREPARATION

1. **Preheat oven to 175 °C (350 °F)**
2. **Poke sweet potatoes with a fork several times on each side, and bake for 40 minutes.**
3. **In a sauté pan over medium-high heat, pour in olive oil.**
4. **Sauté shallots and fennel bulb until lightly softened.**
5. **Add apples, cinnamon, sage, pepper, and salt. Sauté until apples are just warm and not mushy. Let cool slightly.**
6. **Add half of the cheddar to pan and mix together.**
7. **When potatoes are done and cool enough to handle, cut each open lengthwise to form pockets.**
8. **Spoon the filling inside the pockets evenly and bake for another 8 minutes.**
9. **Top with the remaining cheddar, bake until just melted and serve.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.