Twice Baked Goat Cheese Sweet Potatoes

Serves 6

Ingredients

- 3 large sweet potatoes, washed
- 3 oz goat cheese
- 1/2 cup panko bread crumbs
- 1 Tbsp fresh thyme, chopped
- 2 Tbsp butter, melted

Preparation

Preheat oven to 400°F. Pierce each potato with a fork, and then wrap each in foil. Place potatoes on a baking sheet and put into the oven. Bake for an hour, or until tender. Let potatoes cool, and then cut them in half. Carefully scoop out the inside of each potato into a bowl, leaving about 1/4 inch of potato on the skin. Mash together potatoes with goat cheese until well blended and smooth. Spoon potato mixture back into the potato skins. Mix the bread crumbs, thyme, and butter, then sprinkle on top of each potato. Put back into the oven for 15 minutes, until the bread crumbs are browned.

Calories 170, Total Fat 8g, Sat Fat 5g, Sodium 120mg, Carbohydrates 18g, Fiber 2g, Sugars 3g, Protein 5g

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