

Cooking Corner

Twice-Baked California Sweetpotatoes

(NAPS)—Trying to incorporate more healthy foods into your cooking repertoire? Think California Sweetpotatoes. Nutritious and delicious, California Sweetpotatoes are filled with plenty of vitamins and minerals, loaded with fiber and are heart healthy to boot.

There are endless ways, classic and creative, to enjoy California Sweetpotatoes. Take these Twice-Baked Sweetpotatoes, for example. They make an excellent side or even main dish—hello Meatless Monday—and, since California Sweetpotatoes are available year-round, you can switch things up with seasonal ingredients.

If you like getting creative in the kitchen, you'll love using California Sweetpotatoes as a canvas for just about anything—savory and sweet.

Twice-Baked California Sweetpotatoes

Serves 4

- 4 yellow/white-fleshed sweetpotatoes, about 12 oz each
- $\frac{1}{3}$ c sour cream
- 3 T butter, room temperature, plus 1 T melted butter
- $\frac{1}{2}$ c shredded Jack or mozzarella cheese
- $\frac{1}{4}$ c chopped fresh chives, divided
- Salt and pepper to taste
- 1 large egg, lightly beaten
- $\frac{1}{4}$ t paprika

Preheat oven to 400°F. Pierce sweetpotatoes with a fork, arrange on a rimmed baking sheet and bake until tender, about 1 hour (see note). Set aside until cool enough to handle, about 10 minutes. Cut $\frac{1}{3}$ off top of each sweetpotato. Scoop flesh (including from tops) into a large bowl, leaving about $\frac{1}{4}$ -in on skins. Add sour cream



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and room temperature butter and mash. Stir in cheese, $\frac{3}{4}$ of chives and salt and pepper to taste. Stir in egg. Fill sweetpotato shells with sweetpotato mixture, using a spoon or spatula to leave a textured surface. Brush with melted butter and sprinkle with paprika. Return to baking sheet and bake until browned on top, 20 to 25 minutes. Sprinkle with remaining chives and serve.

Note: If you love baked sweetpotatoes but not how long they take to make, try this trick: microwave them on high for four minutes, then bake at 400°F until tender, 10 to 20 minutes. Or omit the oven altogether and simply microwave your sweetpotatoes until tender, six to eight minutes depending on their size.

For more recipes and information, visit www.casweetpotatoes.com.

Editor's Note: This story can be useful to anyone and of particular interest to readers in the states of California, Arizona, Oregon, Washington, Nevada, Utah and Idaho.