

Twice-Baked Sweet Potatoes with Bacon and Chives

This recipe is part of the Feast for the Eyes® collection

- 3 medium sweet potatoes, scrubbed and dried
- 3 slices medium-cut bacon
- 2 teaspoons brown sugar
- 2 tablespoons unsalted butter, room temperature
- 1 tablespoon maple syrup
- 1/4 teaspoon salt
- Freshly ground black pepper
- Pinch of allspice
- 1 tablespoon chopped chives



Preheat the oven to 350 degrees. Pierce each potato in a few spots with a knife, place on a parchment-lined sheet pan and bake until soft, about 60 minutes. While they are cooling, place the bacon on a baking sheet and bake until almost cooked, about 10 to 15 minutes. Sprinkle with brown sugar and bake until the sugar is melted and the bacon is crisp, another 3 to 4 minutes. Set aside to cool, then crumble the bacon with your fingers.

Halve the potatoes lengthwise and scoop out the filling into a large bowl. (You will keep 4 potato skin halves and can discard 2.) Mash the potato and toss with butter, maple syrup, salt, pepper and allspice. Scoop or pipe into the shells, mounding them attractively. Bake until golden brown, about 35 minutes. Top with bacon and chives and serve.

Nutritional Profile *(per half)*

Makes 6 halves

Calories: 188

Total fat: 8 g

Saturated fat: 5 g

Protein: 4 g

Carbohydrates: 25 g

Fiber: 3 g

Sugars: 9 g

Cholesterol: 22 mg

Sodium: 336 mg

Vitamin A: 14,045 IU

Vitamin C: 2.8 mg

Vitamin E: 0.65 IU

Zinc: 0.58 mg

Beta-carotene: 8,327 mcg

Lutein and zeaxanthin: 2.42 mcg

Omega-3 fatty acids: 0.04 g

Twice-Baked Sweet Potatoes Shopping List

- 3 medium sweet potatoes
- Medium-cut bacon
- Brown sugar
- Unsalted butter
- Maple syrup
- Salt
- Fresh pepper for grinding (if you don't have a pepper grinder, you can buy a pre-filled, disposable pepper grinder in the spice section)
- Allspice
- Fresh chives