

# Stuffed Sweet Potatoes



## **Ingredients**

- 1-1/2 pounds sweet potatoes, washed
- 2 ounces apple juice
- 3 teaspoons margarine, melted
- 1 tablespoon brown sugar
- 1/4 teaspoon nutmeg
- 2 tablespoons chopped walnuts

## **Preparation**

1. Preheat oven to 375 degrees F. With a fork, prick holes in sweet potatoes and bake for 45 to 60 minutes or until tender. Remove from oven and cool slightly for better handling.
2. Once cooled, slice each potato in half diagonally. Scoop out most of the potato, leaving approximately 1/4 inch around skin.
3. Put potatoes in mixing bowl along with apple juice, sugar, 2 teaspoons margarine, and nutmeg and whip until smooth.
4. Place potato skins into a 13 x 9-inch baking pan and fill with potato mixture. Set aside.
5. In nonstick fry pan, add remaining margarine and sauté walnuts until toasted. Sprinkle potatoes evenly with walnuts. Bake for 15 to 20 minutes until thoroughly heated.
6. Makes 8 stuffed

## **Servings per Recipe: 8**

Nutrition (per serving): 102 calories, 3g total Fat (<.5g saturated fat), 37mg cholesterol, 26mg sodium, 18g carbohydrates, 0g fiber