



Twice Baked Yams

Louisiana Sweet Potato Commission spokesperson, Holly Clegg

Ingredients:

3	Pounds small sweet potatoes, unpeeled
1/2	Cup golden raisins
1	Tablespoon light brown sugar
1/4	Teaspoon ground cinnamon
1	Can crushed pineapple, drained
1	Teaspoon vanilla extract
2	Tablespoons chopped pecans
1	Cup miniature marshmallows

Instructions:

Preheat oven to 400 degrees. Place potatoes on a baking sheet and cook for 1 hour or until tender. Cool for 15 minutes. Cut a thin slice off the top of each potato. Carefully scoop pulp into a bowl, leaving shells intact. Mash pulp; stir in raisins, brown sugar, cinnamon, pineapple and vanilla. Spoon mixture into the shells and sprinkle with pecans and marshmallows. Bake at 350 degrees for 15 minutes or until thoroughly heated.

Servings: 8

Cook Time: 30 minutes

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Side Dish Recipes
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7 Ingredients or Less
Vegetarian Recipes
Holiday Recipes
Nut Ingredients
Fruit Ingredients

Nutrition:

CAL 189 (7% from fat)
FAT 1g
PROTEIN 3g
CARB 43g
CHOL 0mg
SODIUM 15mg