



Baked Sweet Potatoes

<u>U.S.</u>		<u>Metric</u>
4 medium	Sweet Potatoes, washed	4 medium
1/4 tsp	Salt, kosher	1.5 g
1/4 tsp	Black Pepper, ground	0.6 g
1/4 cup	Cheddar Cheese, Low-fat, shredded	28.3 g
1/4 cup	Yogurt, Greek, Low-fat, Plain	56.6 g
1 1/2 Tbsp	Chives, fresh, chopped	4.5 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (200°C).
3. Prick potatoes with fork and microwave until it begins to soften, 2-5 minutes.
4. Wrap sweet potatoes in tin foil and place in preheated oven. Bake until tender, about 20 minutes.
5. Remove the sweet potatoes from the oven and cut in half lengthwise. Sprinkle the salt and pepper among the potatoes, then sprinkle cheese. Top potatoes with yogurt and chives. Serve warm.

Nutrition Facts

Serving size	1/2 potato
Servings	8
Calories	71
Calories from Fat	25
Total Fat	>1 g
Saturated Fat	>1 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	2 mg
Sodium	124 mg
Carbohydrates	14 g
Dietary Fiber	2 g
Sugars	3 g
Protein	3 g
Vitamin A	300 %
Calcium	5 %
Vitamin C	3 %
Iron	2 %
Phosphorus	0 mg
