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Twice Baked Sweet Potatoes

Prep Time: 10 minutes

Cook Time: 30 minutes

Cost per serving: \$0.35

What you need:

Utensils:

- Cutting board & knife
- Medium bowl
- Spoon
- 15 inch x 10 inch baking dish
- Potato masher or fork
- Measuring cups & spoons
- Can opener

Ingredients:

- 5 medium sweet potatoes
- 1 8-ounce can mandarin oranges, drained and chopped.
- 1 cup dried cranberries or raisins, chopped
- 2 tablespoons margarine, softened
- ½ cup chopped nuts

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Preheat oven to 350°F.
4. Scrub and wash sweet potatoes. Push fork into potatoes several time and wrap each potato in a wet paper towel. Place in micro-wave on high for 5 to 8 minutes each.
5. Cut each potato in half from top to bottom.
6. Using a spoon, scoop inside of potato half, leaving a ½ inch space from the outside of the potato, forming a shell. Set potato shells aside.
7. Place inside of potatoes in a medium bowl, and mash with a fork.
8. Stir in oranges, cranberries, and margarine.
9. Fill each potato half with potato and fruit mixture.
10. Place potato shells in baking dish. Sprinkle with nuts.
11. Bake for 25 to 35 minutes.

Nutrition Facts

Serving Size 1 potato shell half
Servings Per Container 10

Amount Per Serving

Calories 170 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 27g **9%**

Dietary Fiber 4g **16%**

Sugars 17g

Protein 2g

Vitamin A 70% • Vitamin C 30%

Calcium 2% • Iron 6%