

Appetizer

Sweet Potato Skins

Woman's Day Magazine

Servings: 8

Preparation Time: 10 minutes

Start to Finish Time: 40 minutes

Bake Time: 25 minutes

8 small sweet potatoes (about 3 pounds), scrubbed

1/4 cup grated Parmesan cheese

1/8 teaspoon cayenne pepper

olive oil cooking spray

Preheat oven to 425 degrees.

Using a sharp knife, cut off four 1/4-inch-thick skins from each potato; reserve the centers for another use.

Place the skins on rimmed baking sheets. Bake until tender, 20 to 25 minutes.

Meanwhile, in a small bowl, combine the Parmesan and cayenne pepper.

Remove the potato skins from the oven and heat the broiler. Lightly spray the potatoes with olive oil spray and sprinkle with the Parmesan mixture. Broil until golden brown, 4 to 5 minutes.

Serving Ideas: Instead of the Parmesan and cayenne, sprinkle the potato skins with a little smoked paprika and sea salt, or brown sugar and cumin. Or switch the cheese to Cheddar or asiago.

Per Serving (excluding unknown items): 11 Calories; 1g Fat (59.8% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 47mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat.