

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Twice Baked Sweet Potatoes

From [www.bravoforpaleo.com](http://www.bravoforpaleo.com)

3 medium-large sweet potatoes  
6 Tbsp butter, room temperature  
½ cup minced green onions  
Salt and ground black pepper  
1 large egg, slightly beaten  
4 oz. goat cheese, diced

1. Preheat oven to 400° and line a cookie sheet with foil.
2. Rinse and scrub the potatoes. Cut a few slits in each potato. Place potatoes on cookie sheet. Bake for about 50 minutes to an hour until very soft when pierced with a fork. Let sit for 10 minutes until cool enough to handle.
3. Heat 2 Tbsp butter in a small skillet over medium heat. Add the green onions and sauté for 3-5 minutes until soft.
4. Cut the potatoes in half lengthwise and scoop out the warm potato with a teaspoon into a medium bowl, being careful to leave a ½ inch of sweet potato shell. Sprinkle the shells with salt and pepper. Add the remaining 4 Tbsp butter to the bowl with sweet potato and mash with a fork. Add the egg, green onions, goat cheese, ¾ tsp salt and ¼ tsp pepper and mix together. Spoon the mixture evenly into the sweet potato shells and bake for 20-30 minutes, until puffed and lightly browned.