

Thomas Buckborough & Associates - Recipe

Sweet Potato Skins

Here's what I made to enjoy with the Super bowl. Very yummy!

Bake sweet potatoes in a 350 degree oven for 50 minutes with skin on, lightly brush with olive oil

Let cool slightly, cut in half and scoop out potato to approx. 1/2" of skin, reserving scooped out potato in bowl.

Add to bowl (multiply by however many potatoes you are preparing):

Cook a piece of bacon; crumble or chop into course pieces.

Sauté a table spoon each of green pepper and onion.

1/2 teaspoon each cumin and chipotle powder, salt and pepper to taste

1 tablespoon Greek yogurt

2 tablespoons coarsely grated cheddar cheese; grate double amount and reserve half for topping

Mix with a spoon until well blended. Salt and pepper to taste.

Divide mixture evenly among your reserved skin halves.

Top with grated cheddar and chopped scallions.

Bake skin halves in oven for 15 to 20 minutes.