

Stuffed Sweet Potatoes

2	sweet potatoes
½ cup	canned crushed pineapple in juice
¼ tsp	cinnamon
¼ tsp	ginger
¼ tsp	nutmeg

- Scrub potatoes and prick with fork. Bake on foil lined baking sheet in 400 F oven for 1 hour until tender OR place potatoes on a paper towel and microwave on high for 6 minutes then turn potatoes over and microwave another 6 minutes until tender. Let stand for 10 minutes to cool.
- Peel sweet potatoes OR if using skins; slice each potato lengthwise and scoop out pulp.
- Strain pineapple, pressing to extract juice. In small saucepan, gently simmer juice to reduce to syrup consistency. In a blender, puree pineapple and syrup.
- In a mixing bowl, combine sweet potato pulp, pineapple puree, cinnamon, ginger, and nutmeg.
- Spoon mixture into small casserole dish OR spoon mixture back into potato skins and place on baking sheet. Bake for 20 minutes in preheated 375 F oven.
- Makes 4 servings.

Recipe by Gary Barone.