

BREAKFAST SWEET POTATO

February 22

National Cook a Sweet Potato Day


INGREDIENTS

- 3 Large Sweet Potatoes (at least 5½ oz each)
- ½ Cup Bacon (cooked and crumbled)
- 2 Tablespoons Unsalted Butter
- ¼ Cup Shredded White Cheddar Cheese
- 6 Large Eggs
- ¼ Teaspoon Black Pepper
- ½ Teaspoon Salt
- Scallion (minced, for topping)

DIRECTIONS

1. Preheat the oven to 350°F. Using a fork, prick the sweet potato a few times on each side to create heat vents.
2. Coat each potato with canola oil and salt and bake for 60-90 minutes. Potatoes should be fork-tender when done. Using a sharp knife, slice each sweet potato in half lengthwise.
3. Using a spoon, remove the center of the potato and place into a large mixing bowl. Be very careful not to tear the potato skin.
4. Lay the hollowed-out shells on a baking sheet.
5. To the bowl of potatoes, add cooked bacon, butter, and shredded cheese. Mix together. Fill the hollowed-out potato skins with the filling.
6. Create a well. Top each potato with raw egg, salt, and pepper and bake for 15 to 20 minutes or until the egg is set and the potato is warmed through. Top with minced scallion (optional).

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

-  Breakfast

YIELD

6 Potato Halves

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Potato Half	1½ Potato Halves	1½ Potato Halves	2 Potato Halves