



Twiced Baked Sweet & Savory Potatoes

Servings: 4

- 2 medium sweet potatoes
- 2 slices thick-cut bacon
- 1/2 cup finely chopped shallots
- 1/2 cup Premier Protein Vanilla Shake
- 1/8 teaspoon salt
- 1/16 teaspoon black pepper
- 1/8 teaspoon cumin
- cayenne pepper, to taste
- 1/4 cup grated sharp cheddar cheese, divided

Heat oven to 400 F.

Prick potatoes with fork and bake 45-60 minutes.

During last 15 minutes, cook bacon in small pan until crispy. Drain all but 1 teaspoon of fat and cook shallots over low heat until caramelized, about 5 minutes.

When potatoes are soft and cooked, remove from oven and carefully cut in half lengthwise. Scoop out soft flesh, keeping outside shell intact.

In bowl, mash potato flesh with cooked shallots, protein shake, salt, pepper, cumin, cayenne and 2 tablespoons cheese.

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Fill empty potato shells with mixture. Top with remaining cheese and crumbled bacon.

Bake 10 minutes, or until potatoes are hot. Turn on broiler and cook, watching carefully, until cheese is lightly browned. Serve immediately.

Source: Premier Protein

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