

4/28/18

TWICE-BAKED SWEET POTATO

With Caramelized Onion & Feta



Ingredients:

2	Large	Sweet Potatoes
1	Large	Onion (pungent)
2	Tablespoons	Butter
$\frac{1}{3}$	Cup	Water
$\frac{1}{2}$	Teaspoon	Salt
1	Tablespoon	Water
$\frac{1}{8}$	Teaspoon	Baking Soda
$\frac{1}{2}$	Cup	Feta Cheese, crumbled

Directions:

1. Scrub and pat dry sweet potatoes. Pierce with fork in 3 spots. Microwave for 5 minutes. Place on a foil or parchment lined sheet pan and bake @ 425° for about 40 minutes.
2. Peel & cut onion in half lengthwise. Then slice $\frac{1}{4}$ " thick crosswise. Place in pan with butter and $\frac{1}{3}$ cup water. Bring to a boil, cover and cook until water has dissipated and onions start to sizzle. Reduce heat to medium-low and continue to cook, stirring occasionally until browned and slightly sticky...about 10 – 15 minutes.
3. Mix 1 Tbl water and baking soda. Add to pan stirring constantly, until the water evaporates. Remove from heat and set aside.
4. Remove cooked sweet potatoes from oven and cut in half lengthwise. Scoop out the flesh, leaving about $\frac{1}{4}$ " intact on the sides & bottom to help potato hold its shape. Mix with the caramelized onion and three quarters of the feta cheese.
5. Place mixture back into potato shell, sprinkle remaining feta over the top, and bake another five minutes.