# Crossfit KITCHEN



# BACON GREEN CHILE TWICE-BAKED SWEET POTATOES

by Nick Massie

### overview

Bacon is deliciously used as both filling and garnish in this recipe in which sugar can be omitted to reduce carbohydrate content.

# ingredients

6 sweet potatoes (Covington variety recommended)

1 cup green chiles, drained and finely chopped

1 cup whole coconut milk

½ cup brown sugar (optional)

8 slices bacon, cooked until crispy and finely chopped

4 slices bacon, cooked until crispy and halved for garnish

8 sprigs fresh cilantro, rinsed

## directions

- Bake sweet potatoes on a foil- or parchment-lined sheet pan at 350 F for 45 minutes or until potatoes are easily pierced with a fork.
- 2. Remove potatoes from the oven, peel two of them completely and throw them in a large mixing bowl.
- 3. Cut the remaining potatoes in half and scoop out the center to form a pocket with ½ inch of flesh still attached to skin. Add scooped-out flesh to mixing bowl.

- 4. Add bacon, green chiles, coconut milk and brown sugar to the mixing bowl and whisk until uniformly combined.
- 5. Transfer this mixture to a large pastry bag with a large "closed star" tip. If you do not have a pastry bag, you can simply scoop the stuffing back into the potato shells and gussy it up with a wavy design that will brown well.
- 6. If you are using a pastry bag, spin the top end closed and pipe filling into shells with a curlicue design or the trusty "in and out."
- 7. Places potatoes back on the sheet pan and return to oven.
- Broil at 500 F for 5 minutes, or until the top design/waves become crispy and golden brown.
- Remove from oven, transfer to a serving platter and garnish with crispy bacon and cilantro.

