

Pear Stuffed Sweet Potatoes

6 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

1-1/2 cups Pacific Northwest Canned Pears, halves or slices,
in juice, drained and juice reserved
6 sweet potatoes
2 to 3 cloves (2 tablespoons) roasted garlic
8 tablespoons unsalted butter, room temperature
2 tablespoons finely chopped crystallized ginger
1-1/2 cups goat cheese, room temperature
1/3 cup finely chopped chives

Method

Preheat a conventional oven to 400 degrees F, or a convection oven to 350 degrees F. Dice the pears and set aside. Scrub the sweet potatoes and poke them all over with a fork. Place the potatoes on a baking sheet with sides and roast 1 hour or until tender. Remove the potatoes from the oven and set aside to cool.

When they're room temperature, or cool enough to handle, cut the top third of the potatoes off lengthwise. Gently scoop out the filling, leaving a thin layer of potato next to the skin so that the skins remain intact. Arrange the hollowed skins, scooped-side up, on a lightly greased baking sheet and set aside.

In the bowl of a stand mixer fitted with the paddle attachment, combine the sweet potato and roasted garlic, and mix until smooth. Add the butter and ginger, mix to combine and then add the cheese and 1/4 to 1/2 cup of the reserved pear juice. Mix well and fold in the diced pears. Use the mixture to fill the reserved scooped-out potato shells* and bake stuffed potatoes 12 to 16 minutes, or until the potatoes and filling are heated through. To serve, sprinkle with chives.

*The mixture can also be baked in a lightly greased 13 by 9-inch pan for 18 to 20 minutes.

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Nutrition

<i>Calories</i>	549
<i>Calories from Fat</i>	167
<i>Fat</i>	18 g
<i>Saturated Fat</i>	12 g
<i>Cholesterol</i>	36 mg
<i>Sodium</i>	283 mg
<i>Carbohydrate</i>	79 g
<i>Dietary Fiber</i>	10 g
<i>Sugar</i>	56 g
<i>Protein</i>	16 g
<i>Vitamin A</i>	791% DV
<i>Vitamin C</i>	88% DV
<i>Calcium</i>	16% DV
<i>Potassium</i>	28% DV
<i>Iron</i>	33% DV