

Pretty Pretty Pineapple

Recipe: Healthy Potato Skins with Avocado Pesto Spread

Ingredients

Sweet Potato or Yam, 1 medium
Bacon, 1-2 slices
Avocado, 1 medium (ripe)
Fresh Basil, 1/4 cup
EVOO, 1 tbsp.
Minced Garlic, 1/2 tbsp.
Lime Juice, 1 tbsp.
Salt, 1/4 tsp.
Plain Greek Yogurt or Plain Goat's Yogurt, 1 tbsp.
Additional Seasoning, to taste (I used parsley and salt)

Recipe

- 1 Preheat oven to 400 degrees F.
- 2 Rinse and microwave a sweet potato or yam for 2 1/2 - 3 minutes (I like to use a microwaveable potato pocket, but a damp paper towel will work, too. Don't forget to poke holes to allow the steam to escape!).
- 3 Slice the potato in half, gut the insides, mash them, and refill the skin (think twice-baked potatoes). You can season with parsley and salt to taste.
- 4 Place in the oven for 12 minutes. Optional: Broil for an additional 2-4 minutes for extra crispiness.
- 5 Meanwhile, cook your bacon to desired crispiness. Set aside and chop when cooled.
- 6 Now you can start your avocado pesto spread. Place the peeled avocado, basil, EVOO, garlic, lime, and salt in a food processor and pulse 8-10 times.
- 7 When the potatoes are done, remove from the oven. Top with avocado pesto, bacon bits, and a dollop of yogurt.
- 8 Enjoy!