



## Holiday Hasselback Sweet Potato



Entire recipe: 250 calories, 1.5g total fat (0.5g sat. fat), 316mg sodium, 55.5g carbs, 7g fiber, 17.5g sugars, 3.5g protein

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**Prep:** 10 minutes    **Cook:** 55 minutes



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### Ingredients

One 8-oz. orange or white sweet potato  
1 tsp. light butter  
1 tsp. brown sugar (not packed)  
3 tbsp. mini marshmallows  
1 dash cinnamon  
1 dash salt

### Directions

Preheat oven to 400°F degrees. Spray a baking sheet with nonstick spray.

Cut slits through the width of the potato, about 1/2-inch apart, stopping about 1/4 inch from the bottom. (See HG tip below.)

Bake for 50 minutes, or until tender.

Remove sheet. Set oven to broil.

In a small microwave-safe bowl, microwave butter for 10 seconds, or until melted.

Top potato with melted butter, brown sugar, cinnamon, and salt.

Carefully place marshmallows into the slits of the potato.

Broil until marshmallows puff up and lightly brown, about 30 seconds.

MAKES 1 SERVING

**HG Tip:** When slicing the sweet potato, place it between two chopsticks on the cutting board. This will prevent you from slicing through to the bottom. Check out this [how-to photo!](#)

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