

# SMOKY STUFFED SWEET POTATOES

Make this dish with any type of BC egg



## INGREDIENTS

<b>SERVINGS</b>	4 large or 8 sides
<b>CALORIES</b>	530kcal or 265kcal
<b>PREP TIME</b>	10 minutes
<b>COOK TIME</b>	22 minutes
<b>RESTING TIME</b>	10 minutes
<b>TOTAL TIME</b>	42 minutes

## INSTRUCTIONS

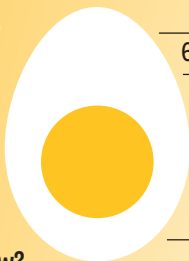
1. Preheat oven to 375 degrees.
2. Cut the cold sweet potatoes in half lengthwise and carefully scoop out the centers, leaving approximately a 1/2-inch border of sweet potato around the edges and bottoms. Be careful not to scoop all the way down to the skin otherwise your potato will not hold the egg mixture like a vessel. Place them on a parchment lined baking sheet.
3. In each of the 4 prepared halves, divide and sprinkle equal amounts of the spinach, sun-dried tomatoes, and 1/4 cup of the smoked gouda.
4. In a medium bowl, whisk the eggs, milk, smoked paprika, salt, and pepper thoroughly together.
5. Carefully ladle this egg mixture into the prepared halves of sweet potato.
6. Sprinkle the remaining 1/4 cup smoked gouda over the filled halves.
7. Bake for 15 to 20 minutes until the egg mixture has set.
8. Turn the oven to broil, and place under the broiler until just browned a bit, 1 to 2 minutes.
9. Let cool for about 10 to 20 minutes before serving.

Full recipe at [www.bcegg.com](http://www.bcegg.com)

# What's your egg type?

No matter what egg type you buy – all BC eggs offer the same nutritional value.

Is your favourite listed below?



## DID YOU KNOW?

One large egg provides

6.5 grams of **protein**

5 grams of **fat**

80 **calories**, and

50% of your daily

**Vitamin B12**

requirement

## CONVENTIONAL

Hens live in cages that allow easy monitoring of health and high food safety

## ENRICHED

Hens live in large cages with perches, scratch pads and nest boxes.

## FREE-RUN

Hens have access to the entire barn where they can perch, scratch, and lay their eggs in nest boxes

## FREE - RANGE

Hens have free-run of the entire barn plus access to the outdoors

## ORGANIC

Hens have more space both inside their free-run barn as well as outside on their certified organic pasture. Additionally, they eat certified organic feed.

Visit [bcegg.com](http://bcegg.com) for loads of great recipes and more details about the various egg types you'll find in your supermarket egg case.

**BC**  
egg