

Twice Baked Potatoes

Prepare the potatoes and the butternut squash as directed below and bake them together as follows:

Wash and prick 6-8 potatoes with a fork or knife. Bake at 375° for about an hour or until soft.

Wash 1 medium size butternut squash and scoop the seeds out and discard them. Slice the squash in half lengthwise and bake in a casserole dish or on a baking sheet at 375° for about an hour or until soft when tested with a fork.



Scoop the butternut squash out of the shell. Cut the potatoes in half and scoop the inside out and into the bowl with the butternut squash. Beat until mashed potato consistency and add the following:

- 1 Tablespoon of coconut oil or olive oil
- 1 teaspoon salt
- 1 teaspoon cumin
- pepper to taste

Scoop or pipe the butternut squash, potato mixture into the potato skin shells and sprinkle with paprika if desired. Place back in the oven to warm at 375°. Sprinkle with chopped green onion if desired.

Recipe by Yvonne Craft