Sweet Potatoes

We eat sweet potatoes as snacks, with meals, and cut up in salads for a pop of sweetness.

Bakes Sweet Potato
Directions:

1. Preheat oven to 400 degrees F
2. Wash sweet potato, leave skins on
3. Prick potatoes with fork (allows steam to escape so they do not explode in the oven)
4. Place on stainless steel baking sheet/pan
5. Bake at 400 degrees for 45 to 55 minutes, or until tender

Note: You can bake the potatoes in a potato pot – I cut them in chunks, sprinkled with cinnamon (optional) and cooked for 1 hr. No oil is necessary.

Baked Sweet Potato Fries
Ingredients:

- 2 large sweet potatoes, cut into very thin strips
- olive oil
- ½ tsp salt
- ¼ tsp pepper

Directions:

1. Preheat oven to 400 degrees F
2. Place potato strips in a bowl and toss with olive oil (can place in pan and spray with oil instead also).
3. Spread potatoes onto a baking sheet, evenly spaced and only one layer (do not crowd)
4. Sprinkle with salt.
5. Bake at 400 degrees F for 35-45 minutes or until cooked through and toasted.

Baked Sweet Potato Wedges
Do the exact same as for fries but cut in to wedges (4th then 4th again = 8 wedges) and sprinkle with cinnamon instead of salt and pepper.