

Sweet Potatoes



Market
Basket
of the month

Serving Ideas:

Wash sweet potatoes before peeling or cooking...

- ◆ Boiled – Peel and cube, then cook in boiling water until tender. Serve mashed with cinnamon.
- ◆ Microwaved – Pierce with a fork and cook until soft. Split and top with pineapple tidbits.
- ◆ Roasted – Peel and cube, then place on baking sheet with oil and your favorite seasonings. Bake for about 25 minutes at 425°F.
- ◆ Raw – Cut and peel into thin slices for a snack or shred and add to salad greens.

To keep sweet potatoes fresh, store in a dry, cool place, like a pantry or garage. Do not store in the refrigerator. If stored properly, sweet potatoes can keep for one month or longer.

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Cranberry Sweet Potatoes

Makes 6 servings

Ingredients:

- ¼ C. orange juice
- 2 T. margarine
- 2 T. vegetable oil
- 2 T. sugar
- 1 tsp. cinnamon
- ¼ tsp. salt
- 6 medium sweet potatoes (about 2 pounds, peeled and cut into 1-inch pieces)
- ½ C. dried cranberries

Directions:

1. Preheat oven to 375 degrees F.
2. In a 9x9 baking dish, combine the orange juice, margarine, vegetable oil, sugar, cinnamon, and salt.
3. Add potatoes and cranberries.
4. Cover with foil and bake 40 minutes or until potatoes are soft.

Source: www.whatscooking.fns.usda.gov

Maple Sweet Potatoes

Makes 2 servings

Ingredients:

- 2 sweet potatoes (large)
- 2 tablespoons yogurt, non-fat
- 1 tablespoon maple syrup
- 1 tablespoon orange juice



Directions:

1. Prick potato skins with a fork. Microwave on high for 3 to 4 minute until soft and easily pierced with a knife.
2. Scoop out the pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup, and orange juice.
3. Place mixture in a microwave safe serving bowl and microwave for 1 to 2 minutes to heat through.

Note: Regular pancake syrup can be used in place of maple syrup.

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