

You Can Cook! | Sweet Potatoes

FOR RECIPES, VISIT

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Scrub sweet potatoes to remove dirt.



Option 1 - cut into pieces.
Peel sweet potato with knife or vegetable peeler.



Cut into the size pieces needed for a recipe. Roast with seasonings or boil plain for mashed sweet potatoes.



Option 2 - cook whole.
Prick sweet potato with a knife in a few different places.



Wrap in foil. Bake at 400 F for 30-45 minutes or until soft. **OR** grill until cooked through.



Let cool, then use a knife to split open and fill with your favorite toppings and seasonings.

5 Ways to Eat Sweet Potatoes

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Tiger Fries



Sweet Potato Casserole



Orange Pork Chops



Stuffed Sweet Potatoes



Mashed Sweet Potatoes