You Can Cook!

Sweet Potatoes

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

Option 2 - cook whole. Prick sweet potato with a knife in a few different places. Scrub sweet potatoes to remove dirt. Cut into the size pieces needed for a recipe. Roast with seasonings or boil plain for mashed sweet potatoes.

FOR RECIPES, VISIT
https://go.Illinois.edu/EatMoveSave

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5 Ways to Eat Sweet Potatoes

Tiger Fries

Sweet Potato Casserole

Orange Pork Chops

Stuffed Sweet Potatoes

Mashed Sweet Potatoes

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