

Sweet Potatoes

Sweet potatoes and yams are very similar, and are a sweet and nutritious alternative to white potatoes. They can be boiled, fried, baked, sautéed, and microwaved. Wash well and keep the skin on for added nutrition.

- Poke a few holes in the skin with a fork, then bake (425 degrees for 45 min to 1 hour) or microwave (5-8 minutes). Top or stuff with chicken and spinach (or your favorite meat and greens), and cheese for an extra treat!
- Cut into bite-size chunks and fry in vegetable oil in a large pan. Stir occasionally and cook until browned. Top with salt and pepper.
- Remove from plastic bag and store at room temperature for up to two weeks.



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