



JACKET SWEET POTATOES

RECIPE FROM *GOOD AND CHEAP* BY LEANNE BROWN
SERVES 4

- 4 large sweet potatoes
- salt and pepper
- ¼ cup sour cream or plain yogurt
- ½ bunch scallions, finely chopped

Turn the oven to 400 F. Wash and scrub your sweet potatoes and stab them a few times with a fork. Place them on a baking sheet and slide it into the oven.

Let them bake for 60 to 75 minutes. Because the sizes of sweet potatoes differ greatly, check them after an hour by stabbing them with a long knife. If there's no resistance, they're ready. If not, give them extra time.

Let cool for 15 minutes. Make a long cut along the top of each potato and open them gently, beating with a fork to fluff up the soft, orange middle.

Sprinkle salt and pepper on each potato and serve. Let each person add sour cream and scallions (or more salt and pepper) to their taste.



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PORTAGE HEALTH FOUNDATION • SAULT TRIBE ELDER SERVICES DIVISION

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