

Sweet Potato



One medium-sized, baked sweet potato provides a total of 103 calories, 24 grams of carbohydrates, 3.8 grams of fiber and 7.39 grams of sugar. It also provides 2.29 grams of protein, less than 1 gram of total fat and 41 milligrams of sodium. Sweet potato is a rich source of vitamin A, along with vitamins B-6, C, E, K, thiamin, riboflavin, niacin, folate and pantothenic acid, calcium, iron, magnesium, phosphorus, potassium, zinc, copper, manganese and selenium.

Jacket Sweet Potatoes adapted from LeAnne Brown's *Good and Cheap*
Serves 4 Prep Time: 10 minutes

Ingredients

4 large sweet potatoes salt and pepper
¼ cup sour cream ½ bunch scallions, finely chopped
1 cup yummi peppers, finely chopped

Directions

1. Heat the oven to 400 °F. Scrub the sweet potatoes and stab them with a fork a few times. Lay them on a baking sheet. Bake for 60 to 75 minutes. Because sweet potatoes vary greatly in size, check them after an hour by stabbing with a long knife. If it goes through easily, they're ready. If not, bake longer. Let cool for 15 minutes.
2. 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 with salt and pepper. Add sour cream, scallions and peppers.

LeAnne Brown says "I like to serve these with all kinds of toppings, usually leftovers from other meals. Try filling them with roast chicken, beans and cheese, corn and tomatoes—whatever you have around."