

Oven Roasted Sweet Potatoes

by John Gilbertson,
Grand Living at Lake Lorraine Chef

Ingredients

3 lbs. large diced
sweet potatoes
1/4 cup olive oil
1 tbsp salt
1/2 tbsp pepper
2 tbsp honey
1/4 ea diced red onion

Directions

Preheat oven to 325°F. Toss all ingredients until spices and onions are thoroughly mixed within the sweet potatoes. Place parchment paper or foil on a cookie sheet or 1/4-inch sheet pan. Place pan in oven with all ingredients, roast for 30-35 minutes or until sweet potato pieces are slightly softened and have browned a little bit. Toss ingredients in a bowl or serving dish again, cover loosely, and let sit for about 5 minutes. Enjoy!



Preparation time: 45 minutes
Recipe makes 6-8 servings



Chef John is the chef at Grand Living at Lake Lorraine in Sioux Falls. He loves simple, seasonal dishes as well as canning and preserving foods. The latter part of John's career has been devoted to sharing his love of food with anyone who will listen, or eat.



Eat Well,
Live Well

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Pick it! Try it! Like it!

SWEET POTATO

Pick it!

Sometimes called a yam; long, tapered with smooth thin edible skin.

Choose firm, smooth roots with bright, evenly colored skins. Avoid holes or cuts, a source of decay.

Three medium sweet potatoes equals about 2 cups cooked mashed or a one-pound can.

Store in a cool, dry place. Do not refrigerate as it causes a hard core and undesirable taste.

Try it!

Boil, bake, microwave, mash or fry. Add to stir fry, soups, and casseroles.

Scrub under running water just before cooking, dry, rub gently with oil but do not place in aluminum foil.

Pierce with a fork and place on a baking sheet. Bake 400 degrees for 15 minutes, reduce temperature to 375 degrees and bake until soft.

Can be "baked" in the microwave oven. Rinse, pierce, cook on high for 5-9 minutes for 2 potatoes. Let stand for 3 minutes.



Pale Yellow

- Dryer flesh than orange variety
- Pale colored flesh and peel



Dark Orange

- Orange flesh
- Moist and plump; sweeter than the pale yellow

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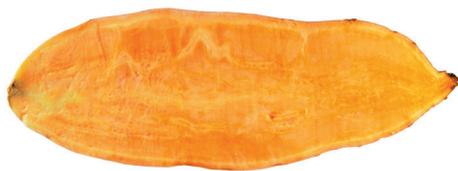
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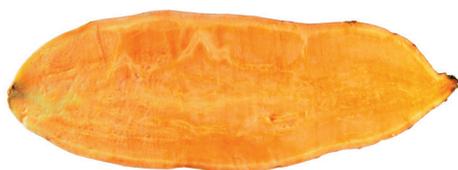
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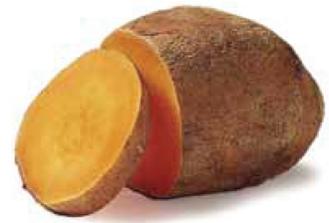
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Try it!

- Boil, bake, microwave, mash or fry. Add to stir fry, soups, and casseroles.
- Scrub, rub gently with oil, do not place in aluminum foil.
- Pierce, on a baking sheet bake 400° for 15 minutes, reduce to 375°, bake until soft.
- In the microwave oven, rinse, pierce, cook on high for 5-9 minutes. Let stand for 3 minutes.



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South Dakota State University, South Dakota counties, and U.S. Department of Agriculture cooperating.
South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.
This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).



Pick it! Try it! Like it!

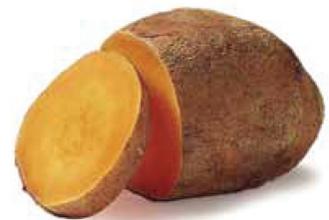
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