

Recipe

Name: **BAKED SWEET POTATO**

INGREDIENTS

Sweet potato

Aluminum foil

Plastic wrap

COOKING DIRECTIONS

1. Preheat the oven to 425 degrees F.
2. Scrub sweet potatoes and pierce in several places with a sharp knife. Line a baking sheet with foil and place potatoes on top.
3. Bake for 45 minutes to an hour, depending on the size of the potatoes, until thoroughly soft and beginning to ooze. Remove from the heat.
4. Place on a plate or in a dish and allow to cool. Cover with plastic wrap and refrigerate (this will continue to ooze and sweeten). Serve cold (cut in thick slices and remove skin), at room temperature, or reheat for 20-30 minutes in 350 F oven.

SWEET POTATO

SERVING & STORAGE IDEAS

Look for small to medium sized sweet potatoes, which will be sweet and creamy.

The deeper the color of the sweet potato, the richer it is in the antioxidant beta-carotene.

The best way to store sweet potatoes is to select a place that is dry and cool.

WASHINGTON COUNTY



OZAUKEE COUNTY

For more information visit: washozwi.gov/Harvest-Of-The-Month

Receta

Name: **CAMOTE HORNEADO**

INGREDIENTES

Camotes

Papel Aluminio

Envoltura de plástico

MANERA DE HACERSE

1. Precaliente el horno a 425 grados F.
2. Talle los camotes y perfora en varios lugares con un cuchillo afilado. Cubra una charola de hornear con papel de aluminio y coloque los camotes encima.
3. Hornee por 45 minutos a una hora, dependiendo del tamaño de los camotes, hasta que estén completamente suaves y empiecen a rebozar. Retirar del horno.
4. Colocar en un plato o en charola y dejar enfriar. Cubra con plástico y refrigere (esto continuará exudando y endulzando). Servir frío (cortar en rodajas gruesas y quitar la piel), a temperatura ambiente, o recalentar durante 20-30 minutos en un horno a 350 ° F.

CAMOTES

USO SALUDABLE E IDEAS DE ALMACENAMIENTO

La mejor manera de almacenar los camotes es seleccionar un lugar seco y fresco.

Para cocinar, simplemente enjuague y talle el camote antes de usarlo.

WASHINGTON COUNTY



OZAUKEE COUNTY

For more information visit: washozwi.gov/Harvest-Of-The-Month