

# WHOLE BAKED SWEET POTATOES (SERVES 8)

## INGREDIENTS:

8 medium sweet potatoes

## DIRECTIONS:

1. Preheat oven to 450°F. Line a baking sheet with foil or parchment paper.
2. Scrub sweet potatoes clean under cold water. (A vegetable brush is very useful for this.) Prick potatoes all over with a fork. Arrange sweet potatoes on prepared baking sheet.
3. Bake sweet potatoes until tender, usually 45 minutes to 1 hour. To check doneness, insert the tip of a sharp knife into the potato. If it slides right in, it's cooked. If there's some resistance, or the sweet potato seems hard, keep cooking. Another way to check: carefully squeeze the potato. If it seems soft throughout, it's done.

## TIPS:

- Small, slim sweet potatoes can take as little as 30-35 minutes to cook. Very large sweet potatoes can take an hour or sometimes longer.