

Baked Sweet Potatoes

Ingredients:

Makes: Serves 3 (1/2 cup)

- 2 tsp canola oil or olive oil
- 3 large sweet potatoes
- 2 tsp dried oregano
- Salt and pepper to taste

Resources: San Antonio Food Bank and USDA

Recipe adapted from:

<https://www.allrecipes.com/recipe/18249/baked-sweet-potatoes/>

Image:

<https://www.allrecipes.com/recipe/18249/baked-sweet-potatoes/photos/279456/>



Method:

1. Preheat oven to 350 degrees F (175 degrees C). Coat the bottom of a glass or non-stick baking dish with olive oil, just enough to coat.
2. Wash and peel the sweet potatoes. Cut them into medium size pieces. Place the cut sweet potatoes in the baking dish and turn them so that they are coated with the olive oil. Sprinkle moderately with oregano, and salt and pepper (to taste).
3. Bake in a preheated 350 degrees F (175 degrees C) oven for 60 minutes or until soft.
4. Serve and Enjoy.

Nutrition Facts:

Per Serving: 321 calories; 7.3 g fat; 61 g carbohydrates; 4.8 g protein; 0 mg cholesterol; 92 mg sodium.



Tips on Sweet Potato

How To Store:



How To Use:



Fun Fact: