

MIRKWOOD DESIGNS presents...

Roasted Sweet Potatoes With Spiced Sugar and Whipped Butter

- 4 sweet potatoes (try to choose sweet potatoes that are uniform in size and shape)
- 1 tablespoon cooking oil (olive oil is fine)
- 1 teaspoon kosher salt
- ¼ cup granulated sugar
- ¼ cup light brown sugar
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1/8 teaspoon ground black pepper (to taste)
- ½ pound (2 sticks) butter, softened to room temperature (not melted)

Yield: 4 servings

Note: You can easily increase or decrease the number of servings by adjusting the amounts accordingly.

Preheat oven to 425 degrees Fahrenheit.

1. Scrub sweet potatoes well and trim any brown spots.
2. Rub each sweet potato with oil, and salt lightly.
3. Place washed sweet potatoes in a metal roasting pan and bake for 1 hour, or until a knife is easily inserted into the center. The skin may be oozing, but that is fine.
4. While the sweet potatoes bake, put butter in a bowl and whip until fluffy. This is easier if you use an electric mixer.
5. In a small bowl, combine sugars, cinnamon, nutmeg, and black pepper.
6. When the sweet potatoes are done cooking, carefully remove them to individual serving bowls. With a knife, make an "X" in the top of each sweet potato and squeeze on each side so that it opens up. (Use oven mitts because they will be hot!)
7. Add a dollop of whipped butter to each; top with the cinnamon sugar mixture to taste.

Note: Sweet potatoes are high in beta carotene, and the skins are a good source of dietary fiber.



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