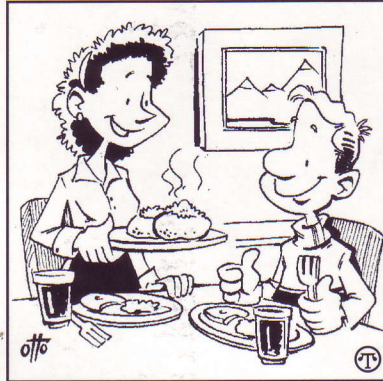


Cooking Corner

Tips To Help You

Move Over, Baked Potato

(NAPS)—The sweet potato, or yam, is quickly catching on as a nutritional, tasty alternative to the traditional baked white potato. Ask for it in restaurants or try this version at home:



The baked potato for the new millenni-yam is the sweet potato.

Baked Sweet Potato with Cinnamon

- 4 medium sweet potatoes
- 1 tsp. margarine
- ½ tsp. cinnamon
- 1 tbsp. light brown sugar

Wrap sweet potatoes in foil. Bake at 400°F for 1 hour or until tender. Cut potato in half. Add margarine. Mix cinnamon and brown sugar and sprinkle on top.

For a different twist, try this praline topping:

Praline Topping:

- ⅓ cup flour
- ¼ cup packed brown sugar
- ¼ cup chopped pecans
- 1 tsp. vanilla
- ¼ tsp. ground cinnamon

Mix ingredients and sprinkle evenly over plain baked sweet potato. Bake at 350°F for 15 minutes or until topping is lightly browned.

For more recipes, visit the Louisiana Sweet Potato Commission Web site at www.sweetpotato.org.