

Making Sweets, Treats and Other Yammy Things to Eat

Hi there friends, Yamster the Hamster here. Do you ever like to watch your mom cook in the kitchen? It's one of my favorite things to do!

One day I was watching my mom make a great big sweet potato pie when she said to me, "Okay, Mr. Yamster, how would you like to learn to make yummy treats with sweet, juicy yams?"

"Wow!" I said. "That would be awesome!"

So mom put her pie into the oven and took out a great big paper bag full of fresh and canned sweet potatoes. She took some of the fresh yams out of the bag, and they looked just like when we picked them down at Mr. French's farm. Mom said that when she buys yams at the grocery store, she looks for the ones that are really smooth, plump, dry and clean. When she brings them home, she keeps them in cool, dry place, like our cupboard — but she told me it's not good to put yams in the refrigerator unless they are cooked. My mom really knows a lot about yams!

The next thing we did was open the canned yams and cut up some fresh yams. Well, it was really just mom, because only grown-ups should use sharp knives in the kitchen. It's so cool to see the bright orange insides of the yam. Mom said that she uses a stainless steel knife to cut them because they will stay orange and not turn brown. I was getting hungry and we hadn't even started cooking yet!

Then mom said, "Alright, so what would you like to make?" She showed me some recipes for all different kinds of delicious sweet potato snacks and dishes. They all sounded so good that it was hard to decide! So we talked about it and we decided to make an all-sweet potato dinner for the whole family! My dad and my sister like sweet potatoes just like me, so I knew that would make them happy.

My mom showed me how to make every dish we would be serving. Some of them were sweet. Some of them were spicy. We made a salad where the yams were cold and firm, and we also made a side dish of hot, mashed sweet potatoes. We baked some yams, roasted some and boiled some. We even had sweet potato biscuits to go with everything. There's so much you can do with yams in the kitchen it's really amazing.

Having an all sweet potato dinner was like my dream come true! Then we finished it all off with mom's yummy sweet potato pie with whipped cream and a tall glass of milk.

Take it from me, cooking sweet potatoes is really, really fun! In fact, there are lots of tasty yam recipes right here on this Website. Just click on the title under "Kids' Corner" that says "kid recipes." Ask your mom to help you in the kitchen. She'll be glad to teach you all about cooking delicious, nutritious yams.

And remember, if you want to grow up big and strong, do what I do: Eat your sweet potatoes and have a yam-tastic day!