



Micro-Baked Sweet Potato

INGREDIENTS:

- 1 medium sweet potato

DIRECTIONS:

1. Wash sweet potato.
2. Pierce potato with fork several times.
3. Place potato in microwave on microwave-safe plate. Microwave on high for 6 minutes or until soft.
4. Remove from microwave and wrap in aluminum foil. Let sit 20-30 minutes before serving. This will keep potato warm and allow it to continue to cook and soften internally.

Source: *Cooking with Extension Cookbook* | **Yield:** 1 serving; 110 Calories per serving.

Total fat 0g; Protein 2g; Total carbohydrate 26g; Dietary fat 4g, Sodium 70mg | *Excellent source of vitamin A*