



BAKED SWEET POTATOES WITH ASSORTED TOPPINGS

Ingredients

4 teaspoons olive oil or coconut oil
4 orange fleshed sweet potatoes

Directions:

Preheat the oven to 400F.

Scrub the sweet potatoes well and dry them off with a clean towel. Brush the skins of the potatoes with 1 teaspoon of olive oil or coconut oil. Pierce each potato a several times with a fork. Place the potatoes on a parchment lined baking sheet and bake for 45 minutes to an hour or until tender.

Make a slit in the top of each sweet potato and add a tablespoon of your favorite topping.

Topping options

Basic: Sea salt, freshly ground pepper, with 1 tablespoon butter, ghee, coconut oil, olive oil, yogurt or nut butter.

Add: 1 tablespoon freshly chopped mint, parsley or cilantro

Add: 1/4 teaspoon cinnamon, 1/2 teaspoon turmeric

Add: 2 teaspoons chopped walnuts or pecans

Other topping ideas

1 tablespoon: Cashew cream

1/4 cup: Basil Broccoli

1 tablespoon : Apricot Pear Chutney

1 tablespoon: Moroccan pesto

1 tablespoon: Herbed & Spiced Yogurt

1/4 cup: Emerald Greens with Orange

1/4 cup: Kale with carrots

From *The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery* by Rebecca Katz with Matt Edelson.



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