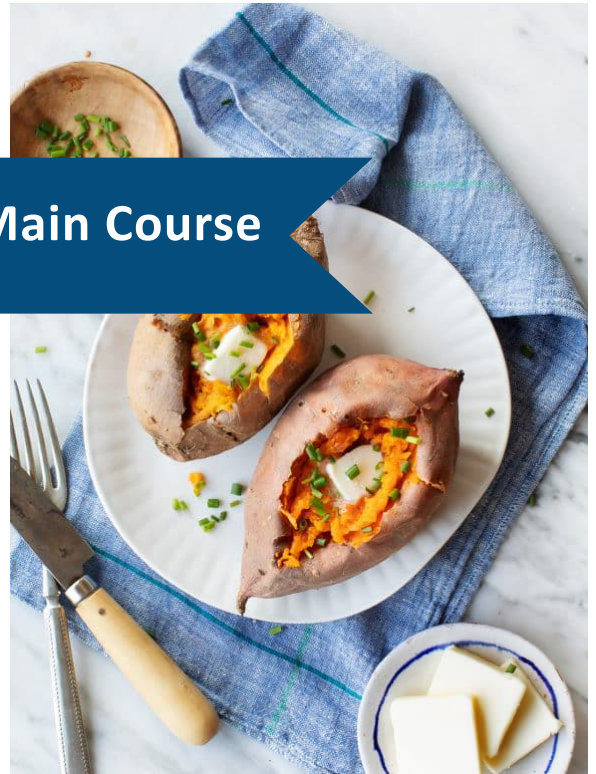


# kizingo® EATS:

## Turn Sweet Potatoes from Side Dish to Main Course

One of the best things about sweet potatoes - IMHO - is that they can be turned savory or sweet with equal effectiveness. Their natural, but subtle, sweetness lends balance to spice and salt, or can be punched up with additional sweet toppings. Either way, they are sure to please.

Sweet potatoes also come in a variety of colors both in peel and flesh and their tastes are slightly different. So try multiple varieties until you find your favorite.



### INGREDIENTS

Sweet potatoes  
toppings (see below for suggested pairings)

#### SAVORY PAIRINGS

- \* Black beans, corn, red cabbage, cilantro, queso fresco, lime
- \* crispy curried chickpeas, sauteed kale, tzatziki sauce
- \* kalamata olives, tomatoes, cucumbers, feta
- \* sausage, walnuts, blueberries, mint
- \* guacamole, black beans, poached egg, scallions

#### SWEET PAIRINGS

- \* butter and brown sugar
- \* honey and bacon
- \* maple, cinnamon, candied pecans

### DIRECTIONS

Preheat oven to 425°F and line a rimmed baking sheet with aluminum foil.

Prick the sweet potatoes a few times with a fork or the tip of a knife.

Roast 40-50 minutes (or until soft when pierced with a fork).

Set on the table, surrounded by your topping choices, and watch them disappear.

### NOTES

Don't let these combinations limit you. Get creative using what you have on hand and what your family loves most!



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