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SWEETPOTATOES

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Sweetpotatoes are good and good for you. Some are dry, mealy, and rather light yellow in color. Others (sometimes called yams) are moist, sugary, and have a deeper yellow or orange color.

Sweetpotatoes are a good source of vitamins A and C.

Use as a vegetable with the meal or make into a dessert.

Buy well-shaped, firm sweetpotatoes with smooth, bright, evenly colored skins. Avoid those with signs of decay or broken skins.

Store in a dry place, not too hot and not too cold.

APPLE-SWEETPOTATO CASSEROLE

4 apples
3 cooked sweetpotatoes, sliced
1/4 cup sugar
1/2 teaspoon salt
1 tablespoon butter or margarine

Wash and quarter apples. Remove cores but not peel. Place alternate layers of sweetpotatoes and apples in a greased baking dish. Sprinkle the apple layers with sugar and salt. Dot the top layer of the casserole with butter or margarine. Add enough hot water or fruit juice to cover bottom of dish. Cover and bake in a moderate oven (350°F.) 45 minutes or until apples are tender. Serves 6.

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