

# Paradise Sweet Potatoes

*Harvest of the Month - Sweet Potatoes*

## Ingredients:

1-2 large sweet potatoes (yams), peeled and cut into 24 chunks

1 20 oz. can pineapple chunks in 100% juice, drained (reserve  
1/4 cup juice)

1 1/2 teaspoons ground cinnamon

Place sweet potato chunks on a baking sheet in a 350-degree oven for 45 minutes, or until sweet potatoes are fork tender (note this step will be done for you if making this recipe in Garden Science).

## Prep:

Use Class Cooking Kits to set-up 6 stations. Place sweet potatoes and pineapples separately in large bowls. Place cinnamon in a small bowl.

## Directions:

In groups of 4 students will follow the recipe below:

1. Combine 4 sweet potatoes, 4 pineapple chunks, 1 teaspoon reserved pineapple juice, and 1/4 teaspoon cinnamon in a bowl until well mixed.

2. Serve one sweet potato and one pineapple chunk per student.

