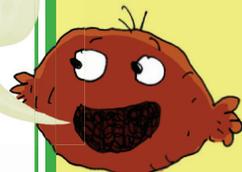


FUN IN THE KITCHEN: SWEET POTATO HAYSTACKS!

Sweet potatoes are delicious and nutritious! With an adult, kids can make tasty Sweet Potato Haystacks. Just like regular potatoes, these can be eaten with ketchup, mustard, or anything else you can think of!

Did you know? Sweet potatoes are a great source of potassium, iron, and vitamin B-6!



SWEET POTATO HAYSTACKS

Ingredients:

- 2 medium sweet potatoes, already peeled and grated
- 1 tablespoon olive oil
- $\frac{1}{8}$ teaspoon salt (if you like the sweet-salty combo, add $\frac{1}{4}$ tsp. sugar)
- Vegetable cooking spray (or apply with a brush—a fun job, too)

Directions:

- Preheat oven to 400 degrees.
- Spray baking sheet with cooking spray to keep haystacks from sticking.
- Add grated sweet potatoes, oil, and salt to plastic bag.
- Zip closed and shake, shake, shake until potatoes are all lightly coated.
- Remove from bag and arrange into little haystacks on baking sheet.
- Bake for 15 minutes and then flip using pancake flipper.
- Continue baking another 15 minutes or until tender.

Find and lay out:

1. Measuring spoons
2. Measuring cups
3. Mixing bowl
4. Large spoon
5. Grater
6. 1-gallon-size plastic bag—a paper bag will also do
7. Large baking sheet
8. Pancake flipper
9. Hot pads

BE SAFE!

Always cook with an adult. Don't touch sharp knives or hot stoves and ovens! Remember to always wash your hands before and after cooking.

