Your family is happier when you cook good food.

Candied Sweet Potatoes

This recipe makes enough for 6 people.

What You Use:

- 1 cup sugar
- 3/4 cup water
- 3 tablespoons margarine
- 1 cup water
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1/2 teaspoon cinnamon (if you want it)
- 4 medium sweet potatoes
- 1/2 cup sugar

What You Do:

1. Boil potatoes for 20 minutes or until soft.
2. Drain water.
3. Mash potatoes and sugar.
4. Add margarine, salt, and cinnamon.
5. Mix well.

A good diet has meat, poultry, fish, eggs, cheese, or dry beans or peas every day. A good diet has milk and bread. It also has vegetables and fruits.
How to Make Candied Sweet Potatoes
Wash all potatoes before you cook them.

1. Sugar 1 cup
   Water ¾ cup
   Put sugar and water in a frying pan. Stir. Let it boil 5 minutes. This makes a syrup.

2. Margarine or butter 3 tablespoons
   Salt ½ teaspoon
   Add margarine or butter and salt. Stir.

3. 4 medium sweet potatoes
   Peel them. Cut in slices about ½ inch thick.
   Then cut the slices in strips.

4. Put potato strips in boiling syrup.

5. Cinnamon (if you want it) A little
   Sprinkle cinnamon over potatoes.

6. Put lid on frying pan. Turn heat low. Cook about 20 to 30 minutes. Cook until potatoes are tender.

7. While potatoes cook, spoon some syrup over them. Do this several times. This keeps the potatoes from drying out as they cook.