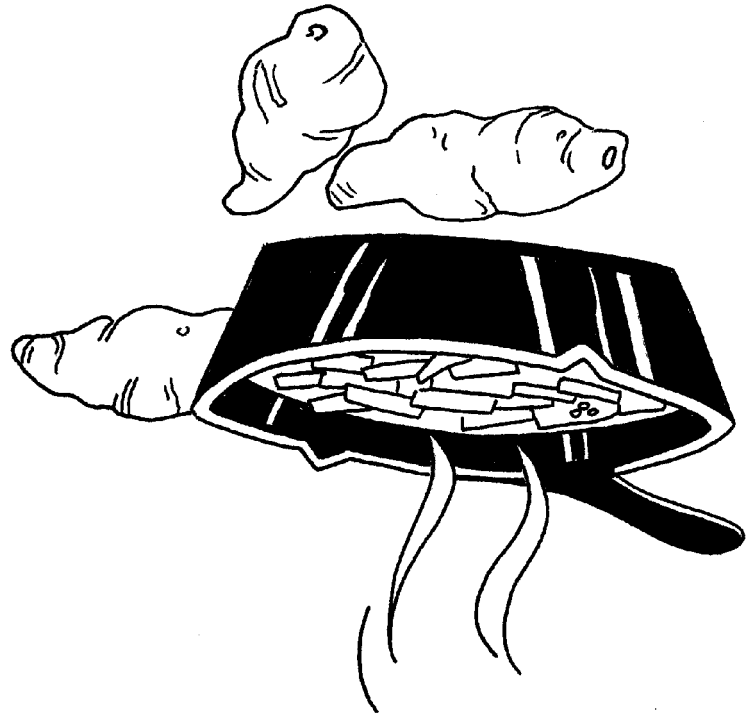


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Your Experts for Life



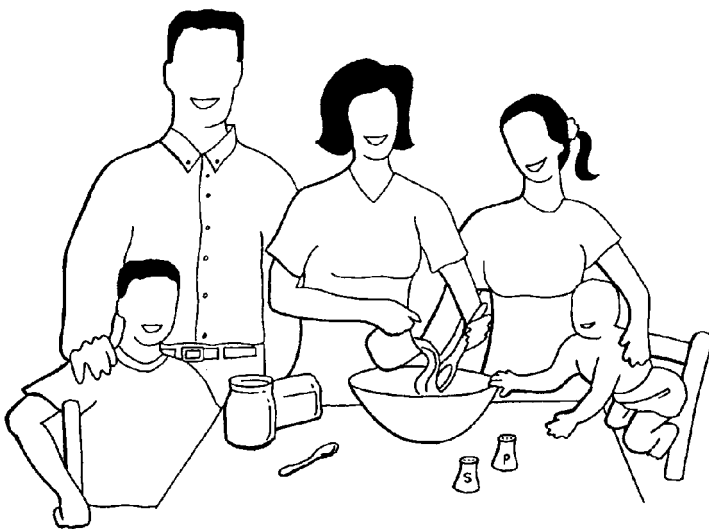
Candied Sweet Potatoes

This recipe makes enough for 6 people.

1 cup sugar
 $\frac{3}{4}$ cup water
3 tablespoons margarine
or butter
 $\frac{1}{2}$ teaspoon salt
4 medium sweet potatoes
A little cinnamon (if you want it)

What You Use:

*Your family is happier
when you cook good food.*



*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.*



Your Experts for Life

Evelyn Crayton, *Extension Foods and Nutrition Specialist*, Professor ,
Nutrition and Food Science, Auburn University. Originally prepared by
Virginia C. White, former *Head, Extension Foods and Nutrition*, and
Virginia H. Goebel, former *Home Economist—EFNEP Program Analyst*.

For more information, call your county Extension office. Look in your
telephone directory under your county's name to find the number.

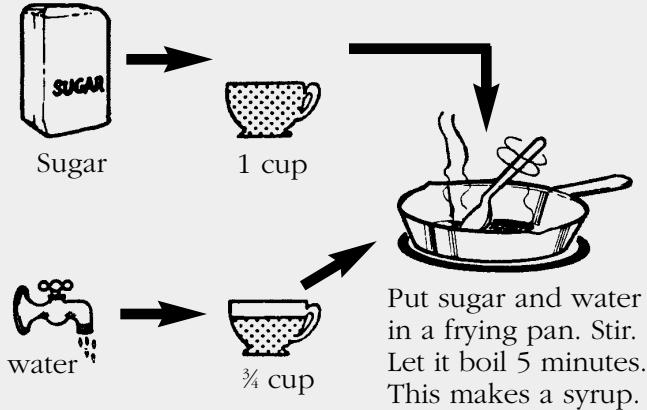
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6.5M06, Revised May 2003, HE-178

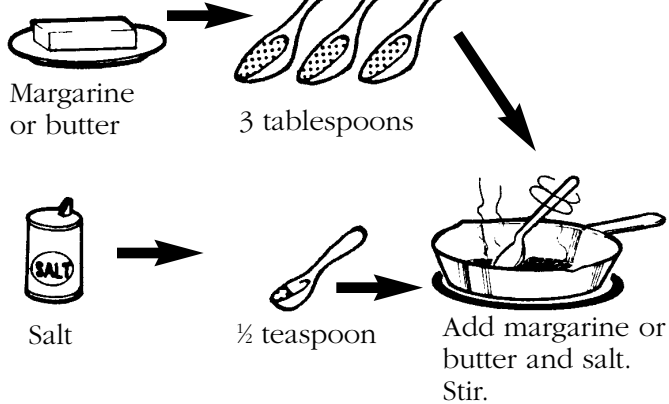
How to Make Candied Sweet Potatoes

Wash all potatoes before you cook them.

1



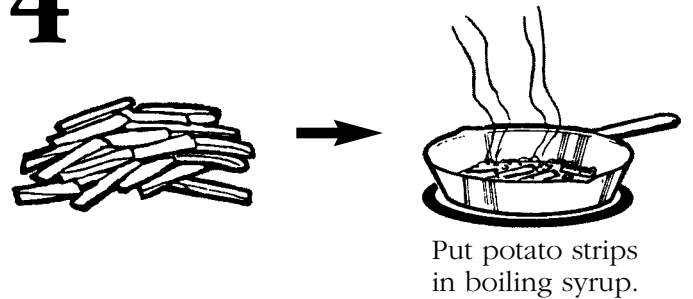
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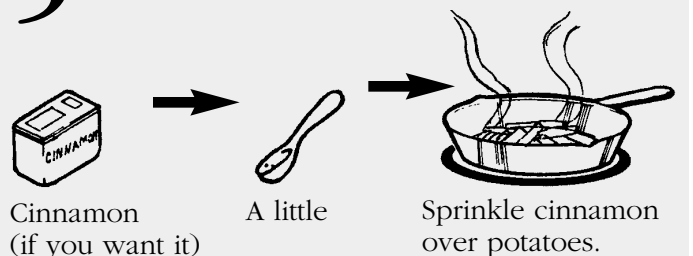
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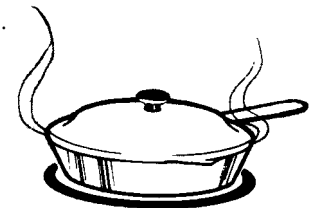


5



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.

