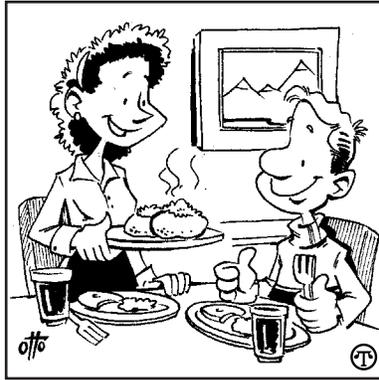


# Cooking Corner

Tips To Help You

## Move Over, Baked Potato

(NAPS)—The sweet potato, or yam, is quickly catching on as a nutritional, tasty alternative to the traditional baked white potato. Ask for it in restaurants or try this version at home:



**The baked potato for the new millenni-yam is the sweet potato.**

### **Baked Sweet Potato with Cinnamon**

**4 medium sweet potatoes  
1 tsp. margarine  
½ tsp. cinnamon  
1 tbsp. light brown sugar**

**Wrap sweet potatoes in foil. Bake at 400°F for 1 hour or until tender. Cut potato in half. Add margarine. Mix cinnamon and brown sugar and sprinkle on top.**

**For a different twist, try this praline topping:**

*Praline Topping:*

**⅓ cup flour  
¼ cup packed brown sugar  
¼ cup chopped pecans  
1 tsp. vanilla  
¼ tsp. ground cinnamon**

**Mix ingredients and sprinkle evenly over plain baked sweet potato. Bake at 350°F for 15 minutes or until topping is lightly browned.**

For more recipes, visit the Louisiana Sweet Potato Commission Web site at [www.sweetpotato.org](http://www.sweetpotato.org).