

Serves 4

# Sweet Potato with Lime

4 sweet potatoes, whole, washed  
1/4 teaspoon salt (optional)  
juice of 2 limes  
3-4 cilantro leaves (optional)

1. Preheat oven 375°F.
2. Bake, washed sweet potatoes whole with skins, until tender, about 45 minutes to 1 hour.
3. When potatoes are tender, slit open the skin and scoop out the flesh onto a serving dish. Season with salt (optional).
4. Squeeze fresh lime juice over the top, and sprinkle with 3 or 4 cilantro leaves (optional).

## Hint:

- A good source of vitamins A and C.

**Nutrition Facts:** Serving size: 1 potato; Calories: 120; Fruits and Vegetables: 1; Fat: 0 g; Fiber: 4 g

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