

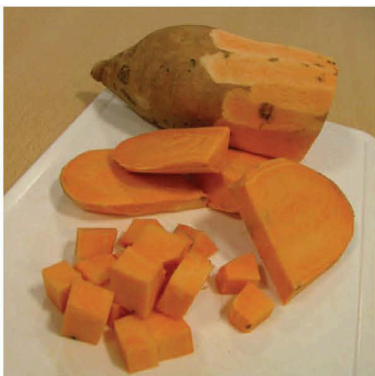
Sweet potato



Good source
of
carbohydrate



1 Remove skin using a vegetable peeler.



2 Cut into slices or cubes.

Tips

Can be used in the same way as potatoes.

Delicious when mashed together with butternut squash,
or used as a topping for shepherds pie.