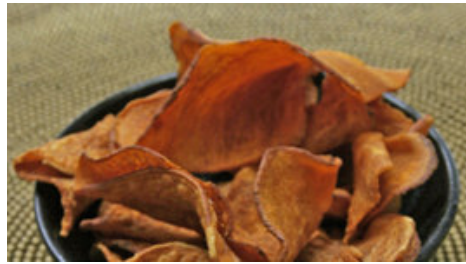


BAKED SWEET POTATO CHIPS

Linda Shane's



Sweet potatoes
Salt or garlic salt
Spray cooking oil

Heat oven to 350 degrees.

Peel sweet potato and slice thin, as if for a thick potato chip.

Cover a cookie sheet or baking pan with foil, sprayed lightly with vegetable spray. Lay sweet potato chips on the foil, rubbing each one slightly in the veggie spray.

Then lightly spray the tops with veggie spray, sprinkle with salt (or garlic salt).

Bake for 20 minutes, turn, sprinkle that side (optional), and bake for another 10 minutes.

Q. What is the difference between a sweet potato and a yam?

A. Decades ago, orange flesh sweet potatoes were introduced in the southern United States and farmers and shippers desired to distinguish them from the standard white flesh types. The African word "nyami" referring to the starchy, edible root of the Dioscorea genus of plants, was adopted in its English form, "yam". Yams in the U.S. are actually sweet potatoes with relatively moist texture and orange flesh. Although the terms are generally used interchangeably, the U.S. Department of Agriculture requires that the label "yam" always be accompanied by "sweet potato."



Special Bridal Shower Edition
Lisa & Ryan (2006)