

Sweet Potato Delight

[from the kitchen of Wanda Omigie, God's Tabernacle of Praise Baptist Church]

4 md sweet potatoes 1 can straw mushrooms (drained) 1 cup pineapple chunks 2 TB brown sugar	1 TB margarine cinnamon or nutmeg to taste
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Place peeled and cut up sweet potatoes in a greased dish or pan. Add pineapple chunks and sprinkle with brown sugar. Dot with butter or margarine and sprinkle with cinnamon or nutmeg. Cover with foil and bake at 350 degrees for 1 hour or until tender.

Recipe makes 8 servings

Each serving contains:

140 Kcal
1 grams of fat
1 1/2 servings of fruits & vegetables

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