

Shopping List

sweet potatoes or garnet yams

Unsalted Butter

Miso paste (preferable white)

Scallion (green onion)



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Community
FOOD CO OP
Bellingham's Natural Grocer

Downtown Store

1220 N Forest Street
Bellingham, WA 98225
Open Daily 7am-10pm

Cordata Store

315 Westerly Road
Bellingham, WA 98226
Open Daily 7am-9pm

Phone: 360.734.8158

sassysampler@communityfood.coop

www.communityfood.coop

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Roasted Sweet Potatoes with Scallion Butter



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FOOD CO OP

Roasted Sweet Potatoes with Scallion Butter

INGREDIENTS

8 small and slender Sweet Potatoes (or garnet yams) - 4-5 pounds total, washed. I recommend purple sweet potatoes or Japanese sweet potatoes.

1 1/2 sticks unsalted butter or margarine, well softened

1 1/2 T miso paste (preferably white)

3 T finely chopped scallion (green onions)

INSTRUCTIONS

1. Preheat oven to 450°F with the rack set in the upper third of the oven.
2. Prick potatoes all over with a fork and put on a foil-lined large baking sheet.
3. Bake until very soft when squeezed, 45 minutes to 1 hour.
4. While the potatoes bake, stir together butter, miso, and scallion until combined.
5. Slit hot potatoes lengthwise and, using oven mitts, push sides in to puff up the potato insides.
6. Serve with some scallion butter in the center of each potato, with additional scallion butter on the side.



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Makes 8 servings