

Baked sweet potato

Preparation time: 1 minute

Cooking time: 30-60 minutes

Serves: 1

Ingredients:

- 1 medium-sized sweet potato

Method:

- 1) Scrub the potato clean
- 2) Pierce with a fork and wrap in foil paper
- 3) Bake in a preheated oven, 190°C, 375°F, gas mark 5, until soft.
- 4) Baking time does depend on the size of the potato, from 30 minutes for small potatoes to 60 minutes for larger ones.
- 5) Serve with a salad or a selection of vegetables.