



All On a Sweet Potato!

4 servings

Prep Time: 10–15 minutes

- 4 good-sized sweet potatoes
- 2 cups small, fresh or frozen, Brussels sprouts (thawed)
- 2 tablespoons olive oil
- ½ cup dried cranberries, or dried cherries
- ½ cup crumbled feta, or bleu cheese



Oven

Baking Time: 45–50 minutes

1. Preheat the oven to 425°. Jag each sweet potato all over with a fork 4–6 times. Rub with butter or oil. Place on one-half of a greased sheet pan. Roast 25 minutes.
2. Toss the sprouts with olive oil. (If you have big ones, cut them in half first.) Spread the sprouts on the other half of the sheet pan.
3. Continue roasting 20–25 minutes, or until the potatoes and sprouts are both tender and even a little charred.
4. Take the sheet pan from the oven. Drop the temperature to 375°.
5. Cut through the length of each roasted potato, but not the whole way to the bottom. Push gently on the two ends of each potato so it spreads open. Spoon on the sprouts, dried cranberries, and cheese.
6. Put the filled potatoes back on the pan and into the oven. Heat 15–20 minutes, or til hot through.

Optional ingredients:

- Salt and pepper the sprouts before roasting them—and the baked, squeezed-open sweets.
- Add ½ cup chopped nuts to the toppings on the potatoes—pecans, walnuts, cashews all work well. Toast them first if you like.



OR a 6-qt. Electric Pressure Cooker

Time: 20 minutes to cook; 20 minutes to reduce pressure; 13–15 minutes to microwave the sprouts and finished dish

1. Pour 1½ cups water into the crock. Place the steamer rack on the floor of the crock. Lay the scrubbed and jagged potatoes on the rack.
2. Pressure cook on High 20 minutes (valve closed; Keep Warm off).
3. Reduce the pressure naturally, about 20 minutes.
4. Place the Brussels sprouts in a long, shallow, microwave-safe dish. Add ¼ cup water. Cover. Mic on High 10–12 minutes til tender, stirring every 3 minutes.
5. Continue with Step 5 above. Put the filled potatoes in the microwave-safe dish and mic 3 minutes on Power 8.

