

Marsh-Monster Sweet Potatoes

Ingredients:

- 1 16 oz. can of sweet potatoes in light syrup
- 30 mini marshmallows

Directions:

1. In the sink, pour the sweet potatoes into a colander and rinse.
2. Put the drained sweet potatoes into a microwave-safe bowl.
3. Use a fork to mash the sweet potatoes.
4. Microwave the sweet potatoes on HIGH for 3-4 minutes.
5. After 3-4 minutes, use oven mitts to remove the sweet potatoes from the microwave.
6. Add 30 mini marshmallows to the microwave-safe bowl
7. Use the mixing spoon, stir together the sweet potatoes and marshmallows.

Nutrition:

- This recipe makes 4 servings.
- Each serving counts as 1 vegetable.

Safety:

- Watch out for the sharp edge on the can opener and the can's lid.
- When using the microwave, remember to use oven mitts and a microwave-safe container – not metal or plastic.

Source: Children's Nutrition Research Center at Baylor College of Medicine

