



FUN FACT

The heaviest sweet potato in the world, weighing more than 81 pounds, was grown in 2004 in Güime, Spain.



WARNING!
Ask an adult's permission before using a knife or the oven.

Bake up veggie sweet potato boats

Ingredients

- 3 tablespoons olive oil
- 2 medium sweet potatoes, halved lengthwise
- Kosher salt
- Black pepper
- 1 medium broccoli crown, cut into florets
- 1 small yellow or orange bell pepper, cut into 1-inch pieces
- Half red onion, cut into 1-inch pieces
- ½ cup cherry tomatoes
- ¾ teaspoon smoked paprika
- ¼ cup tahini
- 1 tablespoon maple syrup
- 1 garlic clove, grated
- 1 lemon, half wedge
- Pine nuts, for garnish (optional)

Instructions

1. Heat the oven to 425° F. Use 1 tablespoon of the olive oil to brush the potato halves and season them with salt and pepper. Arrange on a baking sheet cut-side down. Bake on the middle rack for 20 minutes.
2. Meanwhile, in a large bowl, toss together the broccoli, bell pepper, onion, and tomatoes with the smoked paprika and 1 tablespoon olive oil. Season with salt and pepper and spread on a baking sheet.
3. Keeping the potatoes in the oven, add the sheet of vegetables to the oven's lower rack and increase the temperature to 450° F. Bake

until everything is tender and the vegetables are charred in some spots, for about 15 minutes. Cool slightly.

4. Use a fork to lightly mash the flesh of each potato, keeping the skin intact. In a small bowl, whisk together the tahini, maple syrup, garlic, lemon juice, and remaining 1 tablespoon olive oil with 2 tablespoons water until creamy. Season with salt and pepper.
5. Fill each potato with one quarter of the vegetables and drizzle with tahini dressing. Sprinkle with pine nuts if using. Enjoy immediately. Makes 2 to 4 servings.



ECO TIP OF THE WEEK SEAL THE DRAFTS IN YOUR HOME

If you walk by a window or door in your home and feel a draft of cold air coming through, energy could be getting wasted. That's because the draft could be causing your home's heating system to work harder to keep your home warm. Research shows that effectively sealing drafts can reduce a home's energy use by up to 20% over the course of a year. If the draft is small, there are simple steps you can take to keep the cold air out. Roll up towels and put them under doors to create a seal against cold air. Lock windows to ensure they are tightly closed. On particularly cold days, keeping blinds and curtains closed can also help your home stay warm more efficiently.



Keep out the cold.