



FOOD SAFETY TIPS

Wash hands with soap and water.

Scrub potatoes with a clean vegetable brush under running water.



Cooking Times

Small (6 to 8 ounce sweet potatoes) - **12 minutes**

Medium (8 to 12 ounces) - **17 minutes**

Large (12 ounces or more) - **25 minutes**

Steamed Sweet Potatoes (in a Multi-Cooker)

Serves 4

INGREDIENTS

- 4 medium sweet potatoes that are about the same size
- 1 cup cool water
- Toppings (salt and pepper, butter or margarine)

DIRECTIONS

1. Pierce each potato a few times with a fork.
2. Place potatoes on top of a rack or trivet in the bottom of the pot. Pour water over potatoes.
3. Close and seal cooker. Cook on **high** pressure for 17 minutes. Let pressure release naturally for 10 minutes. After 10 minutes, vent to release any remaining pressure. Open lid.
4. Remove the potatoes with tongs. Make a slit across the top to open and fluff with a fork or cut in half.
5. Add toppings.

NOTES

Store leftover sweet potatoes in the refrigerator for up to 4 days. Freeze in freezer containers or bags for up to 3 months.

Turn into a main dish by added shredded barbeque chicken or beans.

Experiment with favorite vegetables for toppings.

Nutrition Information Per Serving (1 medium potato, plain)

Calories 110 | Total Fat 0 g | Saturated Fat 0 g | Protein 2 g | Total Carbohydrate 26 g | Fiber 4 g | Sodium 70 mg

Applesauce (in a Multi-Cooker)

Serves 4

INGREDIENTS

- 3 pounds apples (Jonagold, Golden Delicious, Jonathon, McIntosh, Pink Lady and Rome apples are good choices.), peeled, cored and cut into quarters
- 1 cup apple juice or apple cider
- 1 cinnamon stick (optional)
- Pinch of salt
- Sugar (how much depends on the apples)

DIRECTIONS

1. Combine apples, apple juice, cinnamon stick and salt in multicooker.
2. Lock lid in place and close pressure release valve.
3. Select high pressure cook function and cook for 8 minutes.
4. Turn off multicooker and let pressure release naturally for 15 minutes.
5. Quick-release any remaining pressure, then carefully remove lid, allowing steam to escape away from you.
6. Discard cinnamon stick. Using potato masher, mash apple mixture to desired consistency.
7. Season with sugar to taste.
8. Serve warm, at room temperature or chilled.

TO SLOW COOK

Lock lid in place and open pressure release valve. Select **low** slow cook function and cook until apples are very soft and beginning to disintegrate, about 3 to 4 hours. Turn off multicooker and carefully remove lid, allowing steam to escape away from you.

Nutrition Information Per Serving (about 1 cup using 1/2 cup granulated sugar)

Calories 190 | Total Fat 0 g | Saturated Fat 0 g | Protein 1 g | Total Carbohydrate 51 g | Fiber 3 g | Sodium 0 mg

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NOTES

Stovetop apples requires constant stirring to avoid burning. Using the multi-cooker makes the job easier.

Substitute pears for apples and 1, 3-inch piece of ginger cut into 1/2-inch rounds for cinnamon stick. remove ginger pears before mashing.