

Great Grilling

Grilled California Sweetpotatoes

(NAPSA)—The next time you're firing up the outdoor grill (or indoor grill pan, for that matter), throw on a sweetpotato or two. An easy, healthy side dish with a huge wow factor, grilled sweetpotatoes are nutrient rich, high in fiber and absolutely delicious. And they go great with burgers, steaks, chops, chicken or pretty much anything off the grill.

Start with this basic recipe, and if you're feeling creative, try different



Grilling? Add grilled sweetpotatoes to the menu—they go great with burgers, steaks, chops, chicken, you name it!

shapes—sweetpotato coins or steak fries, for example. Or add your favorite herbs and spices—such as chopped fresh rosemary, thyme, cinnamon or smoked paprika.

Grilled Sweetpotatoes *Serves 3 or 4*

- 1 lb orange- or yellow/white-fleshed sweetpotatoes, cut lengthwise into $\frac{3}{4}$ -inch wedges
- 1½ Tbsp olive oil
- 1 tsp salt, plus more for sprinkling

Heat a grill or grill pan to medium-high. Meanwhile, in a large bowl, combine sweetpotatoes, oil and salt. Arrange sweetpotatoes on the grill or grill pan and cook until lightly charred and tender, 6 to 8 minutes, turning halfway through. Sprinkle with more salt and serve.

For more recipes, nutritional information and tips for cooking with California sweetpotatoes, go to www.

Editor's Note: This story can be useful to anyone and of particular interest to readers in the states of California, Arizona, Oregon, Washington, Nevada, Utah and Idaho.