



All Star Sauce™

<i>2 medium Bako Sweet™ Covington or Diane (garnet red) sweet potatoes</i>	<i>1 Tbs chopped garlic</i>
<i>1 medium yellow onion, diced</i>	<i>Salt</i>
<i>2 14.5 oz cans of diced tomatoes</i>	<i>Pepper</i>
<i>Olive oil</i>	<i>2 Tbs lemon juice</i>

Preheat oven to 425°

Clean and pat dry 2 medium Bako Sweet™ sweet potatoes. Pierce the potatoes with fork several times and coat well with good quality olive oil. Sprinkle with salt (preferably kosher salt).

Line baking sheet with parchment paper or tin foil, spray lightly with cooking spray. Place the sweet potatoes on baking sheet and roast potatoes for 1 hour.

Allow potatoes to cool enough to handle.

With your hands, carefully remove the skin off the potatoes, and discard the skin. Set flesh of potato aside.

In a medium sauté pan or skillet, heat 2 Tbls olive oil. Add diced onion and season with salt. Add onions to the oil and sauté them for about 5 minutes. Add chopped garlic and cook for another 3-5 minutes. Set prepared mixture aside.

Strain tomatoes and reserve the juices.

In a food processor, combine the potatoes and tomatoes, puree until well mixed and smooth in consistency.

In a medium saucepan or small pot, add the onion & garlic with oil, sweet potato mixture and heat until simmering. Cook this for about 10-12 minutes to ensure all ingredients are well combined and heated thoroughly. Stir in lemon juice. Add tomato juices as needed to thin out the sauce to your liking. It can become quite thick.

Season with salt and pepper to taste.

This sauce can be served over pasta, in lasagna, stuffed bell peppers, or as a pizza sauce.

Natalia V Fritz

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Another delicious choice from Country Sweet Produce