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## How long do you microwave a sweet potato to bake it

Photo: vm2002 (Shutterstock)The Right StuffingThe Right StuffingIt's turkey time, which means you may or may not be freaking out about how to prepare the biggest meal of the year. Don't worry, we here at Lifehacker have you covered with The Right Stuffing, featuring tips, tricks, and many, many recipes to make sure you have the easiest, tastiest Thanksgiving possible.Thanksgiving dinner is not the easiest, so I'm always looking for ways to decrease both the stress felt and the effort exerted in its preparation. One of the easiest ways to do this is to cook your sweet potatoes (or yams) in the dang microwave. Unless you are making sweet potatoes fries or some other dish of diced, sliced, or chopped sweet potatoes where the goal is crispiness or browning, there is no reason to waste the time and energy required to roast whole—or even halved—sweet potatoes in your oven.For the next few weeks, no pie will be more discussed, written about, and hyped than the pumpkin...Read moreParticularly when the microwave is right there and the outcome is exactly the same. The prep is easy: Just wash your sweet tubers and poke a bunch of holes in them with a fork, then place them on a paper towel or microwave-safe plate and microwave them for five minutes at full power, turning halfway through the cook. Check for doneness by poking each sweet potato with a paring knife. If the blade slides through with ease, they're done. If the blade meets any resistance at all, microwave them for another minute. Repeat until the knife moves through the potato like butter. (Then eat it with butter.)The more potatoes you have in the microwave, the longer this will take, but it still won't take anywhere near as long as cooking them in the oven (which is at least 45 minutes, but usually an hour).Once the sweet potatoes (or yams) are tender, you can eat them as-is or with butter and salt, or you can scrape out their insides to make sweet potato pie, some sort of mash, or sweet potato casserole. There really is no reason to get the oven involved; I hear the oven may be otherwise occupied anyway.Page 2Make a pie for six...for one.Photo: Chiciolla (Shutterstock)The Right StuffingThe Right StuffingIt's turkey time, which means you may or may not be freaking out about how to prepare the biggest meal of the year. Don't worry, we here at Lifehacker have you covered with The Right Stuffing, featuring tips, tricks, and many, many recipes to make sure you have the easiest, tastiest Thanksgiving possible.This Thanksgiving is going to be different than any we have ever experienced. There's no "hacking" our way around it: We are going to have to make real, substantial changes to the way we celebrate the day, and that means celebrating with far fewer friends and family members. Unless you belong to a certain family of absurd wealth, you probably do not have the resources to require everyone goes through "multiple health screens" before flying on a private jet to a private island to "pretend things are normal for a brief moment in time."Some of us love traveling or spending time with family, friends, and co-workers during the...Read moreInstead of trying to force a large (or even medium), potentially dangerous gathering, you should throw out the rulebook dictating what the holiday is "supposed" to be. Embrace the smallness of it all. Be as selfish as possible. As I mentioned during our most recent Evil Week, the pandemic can serve as a built-in excuse to not see anyone or attend anything you don't want to. I love that, but we can push it further.Since you'll most likely one be celebrating with the people who already live in your household, the menu can be much smaller, and tailored to what you actually want to eat. Are you a turkey hater, like myself? Make this the year you finally roast a duck. Or abandon birds entirely and buy some really nice steaks. You know what kind of steak you can buy for the cost of a turkey? The really nice kind. You know how much charcuterie you could buy for the price of a turkey? Pounds—literally pounds. You know how much Champagne you could buy for the price of a turkey? Well, only one bottle, but it's a bottle you don't have to share.The menu is yours to alter, and tradition is yours to ignore. If you've never cared that much about meat, focus all of your efforts on side dishes and whip up a meal of potatoes and casseroles. Or reject the entire aesthetic of Thanksgiving entirely and use the day to tackle a big cooking project that has nothing to do with turkey or stuffing or any of that mess. Make carnitas and eat tacos. Make ramen broth from scratch. Make lasagna.How ever you choose to spend Selfish Thanksgiving, make sure it brings you joy. Eat dinner at noon, or at two, or have tapas at 10 pm. Dress in your finest threads, or schlep around in pajamas. Blast Christmas music, or Warren Zevon, or enjoy the silence that comes with not having a lot of people in your home.One thing you should not change, however, is the amount of pie you bake. It is impossible to have too much pie, and—after the year we've been through—I think every one of us deserves our own pie. In fact I demand it. 07/09/2020 Good 05/20/2019 Love these have had these for many years. 12/17/2019 I didn't use the butter in order to make these vegan. The soft texture of the sweet potato and the oil on the skin was enough to make these melty and flavorful. I love sugar so plain brown sugar without butter was good enough for me. 1 of 1 Baked Sweet Potato Henry Gobel Explore Holidays Gardening Recipes and Cooking Decorating Home Improvement Ideas Cleaning and Organizing Shop Rooms News Beauty & Style Health & Family Pets Local Services Sweet potatoes pack a powerful vitamin A punch—one medium sweet potato provides 520% of your recommended daily allowance! Ingredients Cooking spray. 4 large sweet potatoes, scrubbed, eyes removed, cut lengthwise into 3/4-inch wedges 1 teaspoon paprika 1 tablespoon brown sugar 1 teaspoon garlic salt 1 teaspoon cinnamon Dash of cayenne pepper (optional) Directions Preheat oven to 400°F. Lightly spray nonstick baking dish or cast-iron skillet with cooking spray. Spray potato wedges with cooking spray and toss together with all spices in a bowl. Place potatoes in a single layer in the baking dish or skillet. Bake for 20 minutes. Turn over and bake an additional 20 minutes. Sweet Potatoes or Yams? Americans sometimes call dark-skinned sweet potatoes "yams," which are actually a different plant species from the sweet potato. Neither the dark-skinned nor the light-skinned sweet potatoes widely available in the United States are yams. Yams, which may have skin ranging in color from off-white to dark brown and flesh from off-white and yellow to purple and pink, are popular in South and Central America, the West Indies, and parts of Asia and Africa. Per Serving (approximate) Calories 125 Total Fat 0g Actively scan device characteristics for identification. Use precise geolocation data. Store and/or access information on a device. Select personalised content. Create a personalised content profile. Measure ad performance. Select basic ads. Create a personalised ads profile. Select personalised ads. Apply market research to generate audience insights. Measure content performance. Develop and improve products. List of Partners (vendors) RunPhoto/Photodisc/Getty Images Sweet potatoes take anywhere between 30 minutes to 1 hour to bake at 375 degrees Fahrenheit, depending on their size. After baking, the sweet potatoes can be served immediately or be stored in the refrigerator for future use. When baking sweet potatoes, it is a good idea to wrap each tuber in a piece of aluminum foil. Prick the sweet potatoes with a toothpick or a fork, and then oil each one evenly with vegetable oil before wrapping them loosely in the foil. Check to see if they are done every 10 minutes once the baking time hits 30 minutes. To do so, use a fork to poke each tuber. If the fork goes easily into the tuber, it is done.Sweet potatoes are root crops belonging to the Convolvulaceae family. They produce large, sweet tubers that are rich in vitamins and other important nutrients. Apart from the tuberous roots, the shoots and young leaves are also eaten in different parts of the world. Despite its name, the sweet potato is only distantly related to the potato, which belongs to the nightshade family.Considered by many as a super food, sweet potatoes are a rich source of fiber, beta-carotene, B-vitamins, vitamin C and vitamin A. The Center for Science in the Public Interest compared the sweet potato with other food staples, and it was deemed to have the highest nutritional value. Baked Sweet Potato Fries Samantha Okazaki / TODAY print recipe Rating: (140 rated) The finishing touch to Al Roker's no-brainer sweet potato fries is a delicious spice mixture of cinnamon and cayenne pepper. You can also skip the spices and simply toss the sweet potato batons with olive oil, salt and pepper. Ingredients 2½ pounds sweet potatoes, washed well 2 tablespoons cooking oil suitable for high heat, like safflower oil 2 teaspoons salt 2-3 teaspoons ground cinnamon 1 teaspoon (or to taste) ground cayenne Crispy Sweet Potato Bake Nathan Congleton/TODAY print recipe Rating: (65 rated) I love this recipe because it's just 3 ingredients and it's so simple to prepare but still looks fancy.Technique tip: Dampen a paper towel and put it under the cutting board to keep it from sliding around while you are working.Swap option: Regular potato instead of a sweet potato is a great option. Ingredients 2 sweet potatoes (about 2 pounds) 2 tablespoons olive oil 1 tablespoon chopped fresh rosemary 1 clove garlic, minced 1 tablespoon salt 1/2 teaspoon freshly ground black pepper Preparation 1. Preheat oven to 375°F. 2. Cut both ends off the sweet potatoes and peel them. Thinly slice both sweet potatoes into 1/4-inch thick slices 3. Layer the potato slices in an 8- or 9-inch cast-iron skillet in concentric circles. 4. In a small bowl, mix together the olive oil, rosemary, garlic, salt, and black pepper. 5. Brush the olive oil mixture evenly over the top of the potato slices, cover the pan tightly with foil, and bake for 45 minutes or until just tender. 6. Remove the foil, and increase the heat to 475°F. Bake until the edges are browned and crispy, 10 to 15 minutes. Serve immediately. Excerpted from "Real Life Dinners: Fun, Fresh, Fast Dinners" by Rachel Hollis. Copyright © 2018 by the author and reprinted by permission of St. Martin's Press. TODAY has affiliate relationships, so we may get a small share of the revenue from your purchases. Items are sold by the retailer, not by TODAY. Related video

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