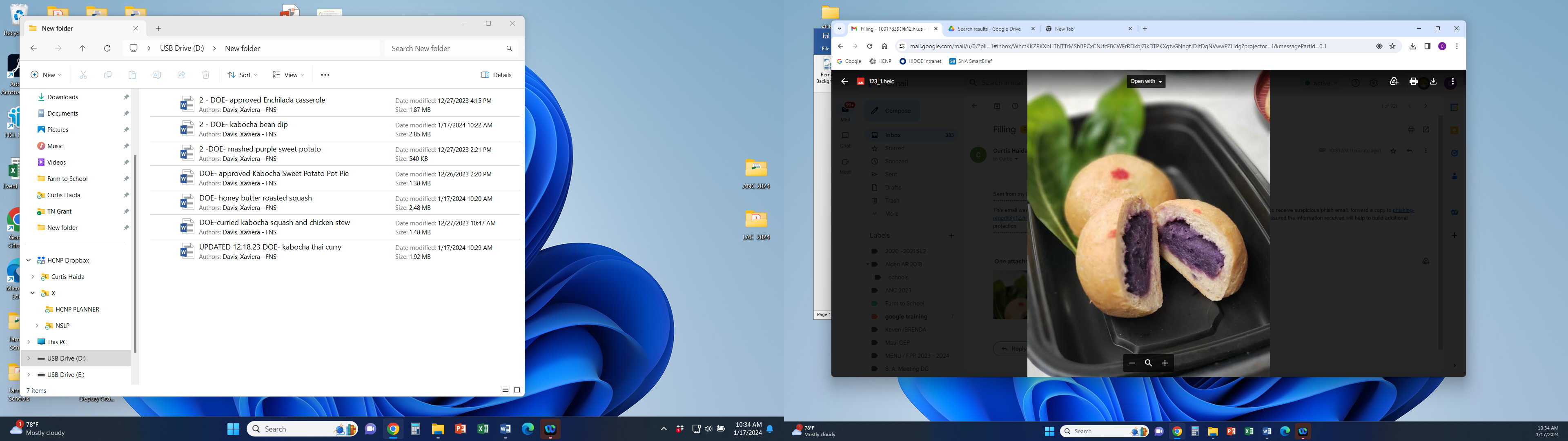
**RECIPE FOR: Okinawan Sweet Potato Filling**

**Our Okinawan Sweet Potato Filling is prepared from local grown produce. It features garden fresh sweet potatoes from the fields with flavorful ingredients**



Prep Time: 10 minutes Serving per Recipe: 6

Cooking Time: 20 minutes Serving Size: 1.50 oz.

**Amount Ingredient Preparation**

1 1/2 c. (1/2 Lb.) Okinawan sweet potato wash, peel, large dice

1/8 c. Granulated Sugar ready to use

2 T. Light brown sugar ready to use

To taste Salt ready to use, table-iodized

2 T. Nonfat instant milk powder ready to use

2 1/4 t. Milk, whole ready to use

**Procedures-**

1. Place cut potato in pot and steam or simmer in water until fork tender with internal temperature of 135 F/57 C or higher for 15 seconds.
2. In a mixing bowl combine the white and brown sugars, salt, nonfat milk powder, and whole milk. Then place mixture in a pot.
3. Warm the mixture on low heat stirring constantly until sugar is dissolved. Then turn heat off.
4. Add cooked potatoes into the pot. Mash and stir together until incorporated.
5. To properly cool, place the mixture in a food safe container that is not more than 2 inches tall. Store Mixture in the refrigerator or freezer.
6. Use the mixture as a filling in your favorite bread /roll recipe.

