

Orange Cup Sweet Potatoes

5 large navel oranges
5 cups baked and mashed sweet potatoes
4 tablespoons butter, softened
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
30 miniature marshmallows
fresh parsley sprigs

Cut oranges in half and scoop out the pulp from the inside so that only the white of the orange rind shows. Cut up and measure 1/2 cup orange pulp. Squeeze juice from the remainder of the orange pulp to make 1/2 cup. Place sweet potatoes in a large mixing bowl and add orange pulp, orange juice, cinnamon, nutmeg and butter. Mix well and then fill orange halves evenly with 1/2 cup sweet potato mixture per orange half, making sure that sweet potato mixture is level with the edge of each orange half or slightly concave so that marshmallows will sit on top. Place orange cups in muffin tins. Bake at 350 degrees for 20 minutes or until thoroughly warmed. Place 3 miniature marshmallows on the top center of each filled orange cup, if desired. Bake 5 minutes more, or until marshmallows turn golden brown. Remove orange cups from muffin tin. Garnish with parsley and serve immediately.

Mixture can be made and refrigerated the night before.

Yield: 10 large orange cups, 10 servings.

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