Baked Sweet Potatoes

4 small sweet potatoes, pricked with fork in 3 places

salt and pepper

Place potatoes on a plate and microwave 6-9 minutes.

Flipping every 3 minutes.

Potatoes should yield to gentle pressure.

Set wire rack on baking sheet.

Spray with cooking spray.

Transfer potatoes to rack and bake 1 hour at 425.

Slit each potato lengthwise.

Holds end and squeeze to push flesh up and out.