

Recipes... SWEET POTATOES



NOTES & TIPS: Sweet potatoes are the ultimate in comfort food: sweet, soft and seemingly decadent, yet are full of fiber and vitamins. There are two distinct varieties: the light-skinned, white-fleshed variety (which many find bland and unpleasant to eat) and the dark-skinned variety, which has a deep-orange flesh. The darker-fleshed sweet potatoes are moister, softer, sweeter, generally less fibrous and more nutritious than their white-fleshed counterparts. Though often labeled yams, they are simply a variety of sweet potato.

Do not wash sweet potatoes until preparing to eat. Keep sweet potatoes in a cool, dry place, not the refrigerator. Before consuming, scrub sweet potatoes in cold water rinse and drain. Cook whole when possible as most the nutrients are next to the skin. Sweet Potatoes are difficult to peel when raw and will discolor (darken) quickly. Whether baked, boiled or fried, sweet potatoes are a delicious addition to any meal. Use sweet potatoes in soups, casseroles or as a substitute for white potatoes.

SWEET POTATO POTATO SALAD

2 potatoes
1 sweet potato
4 eggs
2 stalks celery, chopped
1/2 onion, chopped
3/4 cup mayonnaise
1 tablespoon prepared mustard
1 teaspoon salt
1 1/2 teaspoons ground black pepper

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 30 minutes. Drain, cool, peel and chop. Place eggs in a saucepan and cover with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water; cool, peel and chop. Combine the potatoes, eggs, celery and onion. Whisk together the mayonnaise, mustard, salt and pepper. Add to potato mixture, toss well to coat. Refrigerate and serve chilled.

SWEET SWEET POTATO CASSEROLE

5 large sweet potatoes, peeled and quartered
3/4 cup packed brown sugar
2/3 cup whole milk
2 tablespoons butter, melted
1/4 cup all-purpose flour
1 1/3 cups pecans
1 cup flaked coconut

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish. Boil the sweet potatoes in a large saucepan approximately 10 minutes, or until tender. In a large bowl, mix together the sweet potatoes, brown sugar, milk, butter and flour. Transfer the mixture to the baking dish. Sprinkle with pecans and coconut. Bake 30 minutes in the preheated oven.

SWEET POTATO PANCAKES

3/4 pound sweet potatoes
1 1/2 cups all-purpose flour
3 1/2 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon ground nutmeg
2 eggs, beaten

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1 1/2 cups milk
1/4 cup butter, melted

Place sweet potatoes in a medium saucepan of boiling water, and cook until tender but firm, about 15 minutes. Drain, and immediately immerse in cold water to loosen skins. Drain, remove skins, chop, and mash. In a medium bowl, sift together flour, baking powder, salt, and nutmeg. Mix mashed sweet potatoes, eggs, milk and butter in a separate medium bowl. Blend sweet potato mixture into the flour mixture to form a batter. Preheat a lightly greased griddle over medium-high heat. Drop batter mixture onto the prepared griddle by heaping tablespoonfuls, and cook until golden brown, turning once with a spatula when the surface begins to bubble.

SWEET POTATO PIE

2 cups mashed sweet potatoes
1/4 pound butter, softened
2 eggs, separated
1 cup packed brown sugar
1/4 teaspoon salt
1/2 teaspoon ground ginger
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 cup evaporated milk
1/4 cup sugar
1 (9 inch) unbaked pie crust

Preheat oven to 400 degrees F (200 degrees C). In a mixing bowl, combine the sweet potatoes, butter, egg yolks, brown sugar, salt, ginger, cinnamon, nutmeg and evaporated milk. Mix together well. Beat egg whites until stiff peaks form; add 1/4 cup sugar and fold into sweet potato mixture. Pour into pie shell and bake at 400 degrees F (200 degrees C) for 10 minutes. Reduce heat and bake at 350 degrees F (175 degrees C) for 30 minutes or until firm.

SWEET POTATO MINISTRONE

1 tablespoon vegetable oil
1 large onion, chopped
2 large stalks celery, chopped
2 1/2 teaspoons Italian seasoning
salt and pepper to taste
1 (28 ounce) can Italian-style diced tomatoes
5 cups vegetable broth
2 large sweet potatoes, peeled and diced
2 large carrots, sliced thin
6 ounces green beans, cut into 1 inch pieces
5 cloves garlic, minced

Heat oil in a soup pot over medium-high heat. Saute onion, celery, Italian seasoning, salt and pepper until tender, about 5 minutes. Stir in tomatoes, with the juice, broth, sweet potatoes, carrots, green beans and garlic. Bring to a boil; reduce heat to low and simmer, stirring occasionally, until vegetables are tender, about 30 minutes.

CANDIED SWEET POTATOES

2 sweet potatoes
1/4 cup butter

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1/2 cup packed brown sugar
1/4 cup orange juice

Boil cut-up sweet potatoes or bake at 350 degrees F (175 degrees C) whole sweet potatoes until tender. In a frying pan, melt the butter and brown sugar together until bubbly. Add the orange juice and stir until smooth. Add the cut-up sweet potatoes and cook slowly, turning occasionally until the sweet potatoes are caramelized, about 20 minutes. If syrup is too thin, add a bit more brown sugar.

SWEET POTATO BALLS

2 1/2 pounds sweet potatoes, cooked
1/4 cup butter
salt to taste
3 cups crushed cornflakes cereal
3/4 cup real maple syrup
10 large marshmallows

Drain sweet potatoes and put into large mixing bowl. Mash the potatoes with butter or margarine. Salt to taste. Hand pat mixture into 3 inch diameter balls. Roll in crushed corn flakes and put into 9x12 inch greased baking dish. Pour maple syrup evenly over all balls.

Bake at 325 degrees F (165 degrees C) for 40 minutes. The last fifteen minutes put a marshmallow over each ball.

MINI SWEET POTATO PIES

3/4 pound sweet potato, peeled and diced
1 (9 inch) refrigerated pie crust
3/4 cup evaporated skim milk
2 egg whites
1/4 cup sugar
2 tablespoons brown sugar
3/4 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1/8 teaspoon ground cloves
1/4 cup halved cranberries (optional)

Place the sweet potato in a saucepan with just enough water to cover. Bring to a boil, and cook until fork tender, about 5 minutes. Drain and mash with a fork or potato masher.

Preheat the oven to 425 degrees F (220 degrees C). Divide the pie crust into 24 small balls. Press them into the cups of two 12 cup mini muffin pans to make tartlet shells. Set aside.

Spoon the sweet potato into a blender or food processor, and add the evaporated milk, egg whites, white sugar, brown sugar, cinnamon, nutmeg, and cloves. Puree until smooth. Spoon about 1 tablespoon of this mixture into each tart shell.

Bake for 10 minutes in the preheated oven, or until a toothpick inserted into one of the tarts comes out clean. Cool in the pans over a wire rack. Garnish each tart with a cranberry half before serving.

SWEET & SPICY SWEET POTATOES

2 large sweet potatoes, peeled and cubed

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3 tablespoons olive oil
2 teaspoons packed brown sugar
1 1/2 tablespoons paprika
1/2 teaspoon ground black pepper
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon poultry seasoning
1/2 teaspoon chili powder
1 pinch cayenne pepper

Preheat an oven to 425 degrees F (220 degrees C).

Place the sweet potato chunks into a large mixing bowl. Drizzle with the olive oil, then sprinkle the brown sugar, paprika, black pepper, onion powder, garlic powder, poultry seasoning, chili powder, and cayenne pepper overtop. Toss until the potatoes are evenly coated with the seasoning. Spread onto a baking sheet.

Bake in the preheated oven for 15 minutes, then turn the potatoes over with a spatula, and continue baking until the sweet potatoes are golden and tender, 10 to 15 minutes more.

ONION ROASTED SWEET POTATOES

1 (1 ounce) packages dry onion soup mix
1 pounds sweet potatoes, peeled and diced
1/4 cup vegetable oil

Preheat oven to 450 degrees F (230 degrees C). In a large bowl, toss the dry onion soup mix, sweet potatoes and vegetable oil until the sweet potatoes are well coated. Arrange the mixture on a large baking sheet. Bake in the preheated oven 40 to 50 minutes, or until the sweet potatoes are tender.

SWEET POTATO BAKE

3 cups cold mashed sweet potatoes (without added milk and butter)
1 cup sugar
1/2 cup milk
1/4 cup butter or margarine, softened
3 eggs
1 teaspoon salt
1 teaspoon vanilla extract

TOPPING:

1/2 cup packed brown sugar
1/2 cup chopped pecans
1/4 cup all-purpose flour
2 tablespoons cold butter or margarine

In a mixing bowl, beat sweet potatoes, sugar, milk, butter, eggs, salt and vanilla until smooth. Transfer to a greased 2-qt. baking dish. In a small bowl, combine brown sugar, pecans and flour; cut in butter until crumbly. Sprinkle over potato mixture. Bake, uncovered, at 325 degrees F for 45-50 minutes or until golden brown.

SWEET POTATO PUFFS

1 cup mashed sweet potatoes (without added milk and butter)
1 tablespoon brown sugar

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1/4 teaspoon salt
1/8 teaspoon ground cinnamon
6 large marshmallows
1/3 cup graham cracker crumbs

Combine sweet potato, brown sugar, salt and cinnamon; shape a small amount around each marshmallow. Roll in crumbs. Place on a greased baking sheet. Bake at 350 degrees F for 6 minutes or until lightly puffed (do not overbake or marshmallows will melt).

SWEET POTATO PUDDING

2 pounds sweet potatoes
1/4 cup unsalted butter, melted
3 eggs
1 1/2 cups sugar
1 (12 fluid ounce) can evaporated milk
1 cup whole milk
3/4 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cloves
1 1/2 teaspoons vanilla extract
10 large marshmallows

Preheat an oven to 375 degrees F (190 degrees C). Lightly grease a 2 quart baking dish.

Peel and grate the sweet potatoes and mix with melted butter in a large bowl. In a medium bowl, beat eggs with sugar until well mixed. Pour over the sweet potato mixture, and stir in evaporated milk, whole milk, cinnamon, allspice, nutmeg, cloves, and vanilla extract. Mix well to combine all ingredients, and spoon into the prepared baking dish.

Bake in the preheated oven for 60 to 70 minutes, until the sweet potatoes are tender and the top is lightly browned. Remove dish from the oven and place marshmallows on top of the sweet potatoes. Return to the oven and bake 5 to 10 minutes more, until the marshmallows are lightly browned. Let stand 5 minutes before serving.

SWEET POTATO PINEAPPLE CASSEROLE

3 sweet potatoes
1/2 cup crushed pineapple with juice
1/4 cup packed light brown sugar
3 tablespoons butter

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish. In a large soup pot, boil sweet potatoes whole until soft. Remove skins, and dice into bite-sized pieces. Mix sweet potatoes, crushed pineapple, light brown sugar, and butter in prepared baking dish. Bake for 45 minutes, or until casserole is mushy with no excess water in the dish.

MAPLE ROASTED SWEET POTATOES

2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)
1/3 cup pure maple syrup
2 tablespoons butter, melted
1 tablespoon lemon juice

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1/2 teaspoon salt
Freshly ground pepper to taste

Preheat oven to 400°F. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.

Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

OVEN SWEET POTATO FRIES

1 large sweet potato, peeled and cut into wedges
2 teaspoons canola oil
1/4 teaspoon salt
Pinch of cayenne pepper

Preheat oven to 450°F. Toss sweet potato wedges with oil, salt and pepper. Spread the wedges out on a rimmed baking sheet. Bake until browned and tender, turning once, about 20 minutes total.

SWEET POTATO & CABBAGE SLAW

2 tablespoons canola oil
1 tablespoon lime juice
1 1/2 teaspoons toasted sesame oil
1/2 teaspoon salt
3 cups coarsely grated peeled sweet potato (about 1 large)
3 cups thinly shredded napa or Savoy cabbage
4 scallions, trimmed and thinly sliced
1 teaspoon finely minced serrano or jalapeno pepper with seeds (optional)

Whisk canola oil, lime juice, sesame oil and salt in a large bowl. Add sweet potato, cabbage, scallions and serrano (or jalapeno), if using; toss to combine. Serve immediately.

BLACK BEAN SMOTHERED SWEET POTATOES

2 medium sweet potatoes
1 15-ounce can black beans, rinsed
1 medium tomato, diced
2 teaspoons extra-virgin olive oil
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1/4 teaspoon salt
2 tablespoons reduced-fat sour cream
2 tablespoons chopped fresh cilantro

Prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center, 12 to 15 minutes. (Alternatively, place in a baking dish and bake at 425°F until tender all the way to the center, about 1 hour.) Meanwhile, combine beans, tomato, oil, cumin, coriander and salt in a medium microwave-safe bowl; microwave on High until just heated through, 2 to 3 minutes. (Alternatively, heat in a small saucepan over medium heat.) When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro.