

Sweet Potatoes



A member of the morning glory family and native to Central America, sweet potatoes are not related to yams or regular potatoes. While yams and sweet potatoes are terms used interchangeably in the United States, the yams sold here are actually sweet potatoes.

This tuberous root has many varieties, but the two most widely grown are the pale sweet potato with light yellow skin and dry, less sweet yellow flesh; and the dark sweet potato with reddish skin and moist, sweet, dark-orange flesh.

The dark sweet potato is the most common in the U.S. and is in peak season fall through winter. If you've only used canned yams for your sweet potato dishes, it's time to discover the incredible flavor and texture of fresh sweet potatoes..

Purchasing

- Select firm sweet potatoes without cracks, bruises or mold.
- They should have a uniformly bright skin and be heavy for their size. Avoid any with decayed spots.
- When baking them whole, choose uniform-sized potatoes to ensure even cooking.
- Never refrigerate sweet potatoes or they will develop an off flavor.
- Store them in a cool, dry place for up to 1 month. If stored at room temperature, use them within 1 week.
- Handle sweet potatoes gently to avoid bruising them since their skins are very thin.



Nutrit

Sweet Potatoes provide an excellent source of Vitamin A.

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Recipes

Mashed Sweet Potatoes

- 1-1/2 lb. sweet potatoes, peeled, quartered (about 5 cups)
- 2 Tbsp. Italian Dressing
- 1/2 cup finely chopped onion
- 1/2 cup sour cream
- 1 Tbsp brown sugar

Cook sweet potatoes in boiling water in large saucepan 10 min. or until tender. Remove potatoes from saucepan; drain. Heat dressing in same saucepan pan on medium-high heat. Add onion; cook and stir 5 min. Reduce heat to medium. Add sweet potatoes; mash lightly. Add remaining ingredients; cook until heated through, stirring occasionally.

Crunchy Sweet Potato Bake

- 4 cups mashed cooked fresh sweet potatoes
- 6oz. container pineapple low-fat yogurt
- 1/4 cup firmly packed brown sugar
- 1/4 cup fat-free milk
- 1 cup whole grain cereal flakes with pecans

Preheat oven to 350 degrees. Mix all ingredients except the cereal in a bowl until well-blended. Spoon into 8-inch square baking pan sprayed with cooking spray. Sprinkle with cereal. Bake for 45 minutes or until heated through.

Double-Baked Sweet Potatoes

- 6 medium sweet potatoes, baked, and slightly cooled
- 1/2 cup butter, melted
- 6 Tbsp apple juice
- 2 Tbsp firmly packed brown sugar
- 1/2 tsp ground ginger
- 1 cup miniature marshmallows
- 1/3 cup coconut
- 1 Tbsp butter, melted

Preheat oven to 350 degrees. Cut potatoes in half lengthwise. Scoop out centers, leaving 1/8-inch thick shells. Mash potatoes in medium bowl. Add 1/2 cup butter, juice,

- sugar and ginger; beat until fluffy.
- Spoon into shells. Mix remaining ingredients;
- spoon over potatoes.
- Bake 20 to 25 minutes or until heated through,

Serving Ideas

- Cooked sweet potatoes can be used interchangeably with winter squash in most recipes.
- Slice or cube boiled sweet potatoes and glaze with honey or brown sugar.
- Flavor mashed sweet potatoes with a touch of maple syrup and nutmeg and garnish with a sprinkle of toasted chopped pecans.
- Roast peeled, cubed sweet potatoes alongside onions and other root vegetables for a flavorful side dish with pork, ham and poultry.
- Replace half of the regular potatoes in your favorite recipes with sweet potatoes for a touch of color and sweet flavor.
- Add mashed cooked sweet potatoes to muffins, cakes, quick breads, biscuits, yeast breads and pies.



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