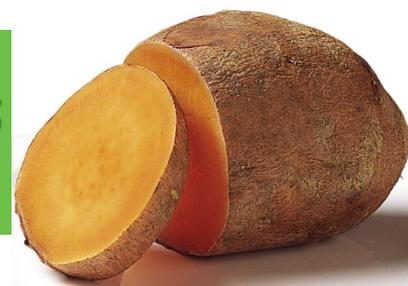


# Sweet Potatoes



Excellent source of Vitamins A, B6 and C;  
Manganese, fiber and copper!!!!

## **Red and Sweet Potato Salad**

2 lbs. red potatoes, cut into 1-inch chunks  
1 lb. sweet potatoes, peeled and cut into 1" chunks  
¼ cup red wine vinegar  
1 tbsp. spicy brown mustard  
1¼ tsp. salt  
½ tsp. pepper

½ cup reduced fat mayonnaise  
¼ cup 2% milk  
2 celery ribs, chopped  
1 small red onion, chopped  
1/3 cup minced fresh parsley

Place red potatoes in a large saucepan and cover with water; bring to a boil. Reduce heat; cover and cook for 20 minutes. Add sweet potatoes; return to a boil. Reduce heat; cover and cook 8 to 10 minutes longer or until potatoes are fork-tender. In a large bowl, whisk the vinegar, mustard, salt and pepper. Drain potatoes; add to vinegar mixture and stir gently to coat. Cool. In a small bowl, combine mayonnaise and milk. Stir in the celery, onion, and parsley. Gently stir into cooled potato mixture. Serve immediately or cover and chill. Serves 4-6.

## **Baked Sweet Potato Chips**

*A mandolin set to 1/8 inch thickness makes the job or slicing the sweet potatoes easier, but is not necessary tool.*

Heat oven to 350°F. Peel a sweet potato or yam and slice thin, as if for a thick potato chip. Cover cookie sheet or baking pan with foil, sprayed lightly with cooking spray. Olive oil flavored is especially tasty. Lay sweet potato chips on foil, rubbing each one slightly in the cooking spray. Lightly spray tops with vegetable spray and sprinkle with garlic powder or other desired seasoning. Bake for 20 minutes, turn, sprinkle that side and bake another 10 minutes. Serves two for a side dish or four for a snack.

## **Roasted Sweet Potatoes and Onions**

4 to 5 sweet potatoes, peeled and cut into 1" cubes  
2 large sweet onions, cut into wedges

3 T. olive oil  
2 T. fajita seasoning

Toss together all ingredients; place on an aluminum foil-lined baking pan. Bake at 450° for 30 minutes or until tender, stirring occasionally. You may wish to place aluminum foil over the top for the first half of roasting time. Makes 8 servings.

## **Balsamic-Roasted Sweet Potatoes**

¼ cup olive oil  
¼ cup balsamic vinegar  
3 T. brown sugar  
4 sweet potatoes, peeled, cut into 8 Wednesday

Salt and pepper to taste  
Chopped toasted walnuts  
Crumbled Gorgonzola cheese

Preheat oven to 425°F. Line a baking sheet with foil. Combine oil, vinegar, and brown sugar in a small measuring cup. Arrange wedges in a single layer on prepared baking sheet. Pour balsamic mixture over wedges and gently toss to coat; season with salt and pepper. Roast wedges, turning halfway through, until fork-tender, about 30 minutes. Garnish wedges with walnuts and Gorgonzola. Makes 10-12 servings.

## **Sweet Potato and Turkey Sausage Hash**

2 medium russet potatoes, peeled (if desired) and diced  
1 medium sweet potato, peeled (if desired) and diced  
Nonstick cooking spray  
1 small green bell pepper, chopped

1 medium onion, chopped  
½ of a 14-oz ring smoked turkey sausage, half and lengthwise and sliced ½" thick  
1 tsp. dried sage, crushed  
¼ tsp. black pepper

Preheat oven to 400°F. Placed potatoes in a 15"x10"x1" shallow baking pan. Lightly coat with cooking spray and toss to coat. Bake about 20 minutes or until tender and lightly browned, turning once with a spatula. Meanwhile, in a large nonstick skillet cook sweet pepper, onion, and sausage for 8-10 minutes or until tender, stirring occasionally. Stir in sweet potato mixture, sage and black pepper. Serves 4.

## **Baked Chicken and Sweet Potatoes**

½ cup Italian dressing  
3 T. brown sugar  
1 tsp. thyme

3 sweet potatoes, cut into ¾" wide spears  
1 broiler-fryer chicken, cut into 8 pieces

Heat oven to 375°F. Mix dressing, sugar and thyme in large bowl. Add potatoes; toss to coat. Transfer potatoes to medium baking pan, reserving dressing mixture in bowl. Add chicken to reserved dressing mixture; toss to coat. Place in pan with potatoes. Bake 1 hour or until potatoes are tender and chicken is done. Transfer chicken and potatoes to platter. Strain drippings from pan; pour strained sauce over chicken. Makes 4 servings.

## **Cuban Sweet Potato Salad**

1 large sweet potato, peeled and cut into ¼"-thick slices  
2 tsp. olive oil  
Kosher salt and pepper to taste  
3 1"-thick round slices fresh pineapple

1 jicama or apple, peeled and cut into ½"-thick rounds  
2 T. honey  
Juice and zest of ½ lime  
1 tsp. red pepper flakes

Preheat grill to medium-high heat. Brush grill rack with oil. Brush sweet potato slices with 2 tsp. oil; sprinkle with salt and pepper. Grill sweet potato, pineapple and jicama slices, covered, over direct heat for 3-5 minutes per side, turning once. Cut sweet potatoes into small pieces. Slice pineapple rounds into tidbits. Cut jicama rounds into matchsticks using a crinkle cutter. Place potato, pineapple and jicama pieces in a bowl. Whisk together honey and lime juice; stir in lime zest and pepper flakes. Drizzle dressing over sweet potato mixture; toss to coat ingredients. Season salad to taste. Makes 4 servings.

## **Oven Sweet Potato Fries**

1 large sweet potato, peeled and cut into wedges  
2 tsp. canola oil

¼ tsp. 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. Makes 2 servings.

## **Roasted Sweet Potato Dip**

3 cups chopped, peeled sweet potato (about 1 lb.)  
2½ cups chopped onion  
1½ cups chopped carrot  
1 tbsp. olive oil

¼ cup tahini (sesame seed paste)  
¼ tsp. salt  
1/8 tsp. pepper

Preheat oven to 350°F. Combine first 4 ingredients in a large bowl. Place mixture on a jelly-roll pan. Bake at 350°F for 1 hour or until sweet potatoes are tender. Combine sweet potato mixture, tahini, salt, and pepper in a food processor, and process until smooth. Serve with breadsticks, if desired. Makes 3 cups (serving size – 1 tablespoon).