

Sweet Potatoes

The sweet potato has yellow or orange flesh, and its thin skin may either be white, yellow,



orange, red or purple. Sometimes this root vegetable will be shaped like a potato, being short and blocky with rounded ends, while other times it will be longer with tapered ends. Do not confuse sweet potatoes with yams. They are not the same.

Nutrition:

Sweet potatoes are an excellent source of vitamin A and a good source of potassium and vitamin C, B6, riboflavin, copper and folic acid.

How to choose and store:

Choose sweet potatoes that are firm and do not have any cracks, bruises or soft spots. Sweet potatoes should be stored in a cool, dark and well-ventilated place, where they will keep fresh for up to ten days. Ideally, they should be kept out of the refrigerator. Instead, store sweet potatoes in a dark well ventilated place away from excess heat.

Preparation:

As the flesh of sweet potatoes will darken upon contact with the air, you should cook them immediately after peeling and/or cutting them. If this is not possible, to prevent oxidation, keep them in a bowl covered completely with water until you are ready to cook them.



EASY SWEET POTATOES AND APPLESAUCE

Printed from COOKS.COM

- 1 (1 lb. 9 oz.) can sweet potatoes
- 1 tbsp. brown sugar
- 1 (1 lb.) can applesauce
- 2 tbsp. butter

Alternate layers of sweet potatoes and applesauce in a buttered 6 cup casserole. Dot with brown sugar and butter. Bake at 350 degrees for 30 minutes or until flavors are blended and top is browned.

EASY SWEET POTATO PIE

Printed from COOKS.COM

- 1 1/2 c. sweet potatoes (cooked & mashed)
- 2/3 c. packed dark brown sugar
- 1/4 tsp. ground allspice
- 2 eggs beaten
- 1 tbsp. lemon juice
- 1 c. milk
- 1 unbaked pie shell
- Pecan halves for decoration on top only (optional)

Mix all ingredients. Spread into pie shell. Bake in 450 degree oven for 15 minutes. Reduce heat to 325 degrees and bake for 30 minutes more. Decorate top with pecans if so desired.

OVEN BAKED SWEET POTATOES

- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon ground red pepper
- 1 table spoon vegetable oil
- 2 large (about 1 1/2 pounds) sweet potatoes

Prepare the sweet potatoes: In a small bowl, combine cumin, salt, and pepper. Set aside. Preheat oven to 400 degrees F. Peel potatoes, cut each in half lengthwise, and cut each half into 6 wedges. In a large bowl, combine the cut potatoes, oil, and spice mixture. Toss until potatoes are evenly coated.

Bake the fries: On a baking sheet, arrange potatoes in a single layer and place on the middle shelf of the oven. Bake until edges are crisp and potatoes are cooked through -- about 30 minutes. Serve immediately.