



A cooking and nutrition Fact Sheet

August 2010

Sweet Potatoes

Did you know?

- The sweet potato is not a potato. Potatoes are truly tubers; sweet potatoes are roots.
- “Yams,” as we know them, are actually sweet potatoes with a bright orange color. They are soft and moist when cooked and tend to be sweeter.
- Sweet potatoes and yams can be used in place of each other in recipes.
- Other varieties of sweet potatoes are yellow and have a lighter skin and are firmer and drier.

COOKING

- **Baking:** A medium sweet potato bakes in 45 minutes at 400°F. Scrub clean and poke with fork 3 to 4 times to allow steam to escape.
- **Boil:** Use a small amount of water and cover the pan so vitamins are not lost when cooking. Whole potatoes cook in 30 to 40 minutes. Cut up potatoes; 20 to 30 minutes.
- **Microwaving:** A medium sweet potato cooks in 5 to 7 minutes on HIGH in the microwave. Poke with a fork to prevent bursting. Turn over once for best results.

Nutrition Facts

Sweet potatoes are high in vitamins A and C and potassium. They are fat-free, cholesterol-free and very low in sodium. One cup of cooked sweet potatoes has 180 calories.

Sweet Potato Patties

Yield: 6 patties

3 sweet potatoes, scrubbed
1 cup crushed bread crumbs
1 Tablespoon vegetable oil

1. Microwave sweet potatoes for 5 to 7 minutes on HIGH until they are soft.
2. Peel slightly cooled sweet potatoes. Put them in a medium bowl. Mash with a fork.
3. Crush the bread crumbs in sealed plastic bag on a cutting board with a rolling pin or jar. Put in a small bowl.
4. Shape sweet potato into 6 small patties. Roll each patty in the crushed crumbs.
5. Heat the oil in a frying pan over medium heat. Brown each patty on both sides.

Variation: Add finely chopped apple.

Grilled Vegetables

2 Tablespoons vegetable oil
2 garlic cloves, finely chopped
3 sweet potatoes, cut into 1-inch slices
3 corn cobs, cut into 2-inch sections
1 zucchini, cut into 1/2-inch slices

1. Mix oil and garlic in a large bowl. Add vegetables and toss.
2. Place vegetable on broiler pan or grill. Cook 10 minutes, turning twice until vegetables are tender.

Peanutty African Stew

Yield: 8 servings • Serving: 1 cup

- 1 cup instant brown rice
- 2 cups chicken broth
- 1 teaspoon dry onion, minced
- ½ teaspoon garlic powder
- 2 cups sweet potatoes, peeled and cut into small squares
- 1- 14.5 ounce can diced tomatoes with liquid
- ½ teaspoon salt (optional)
- ½ cup creamy peanut butter
- 1¼ cups milk
- 3 cups spinach leaves, chopped

1. Combine rice, broth, onion, garlic powder, sweet potato, tomatoes and salt in a soup pot. Bring to boil; then turn down to medium low. Cover; simmer for 10 minutes.
2. Stir in peanut butter and milk. Return to gentle simmer and cook uncovered for 5 minutes.
3. Stir in spinach and cook until wilted, 2 to 3 minutes. Remove from heat. Ladle stew into bowls. If desired, top with peanuts and green onions.

☆Tips:

- Substitute 12 ounces frozen spinach for fresh.
- Add chopped cilantro, red and green peppers, or raisins.

Sweet Potato Salad

- 4 medium size sweet potatoes
- 3 hard boiled eggs, chopped
- ½ cup sweet pickles, finely chopped
- 1 teaspoon mustard
- ½ to 1 cup mayonnaise

1. Boil potatoes until tender, peel and cut in cubes.
2. Mix mayonnaise, eggs, pickles and mustard together in large bowl.
3. Add potatoes and mash with a fork until mixed well.

Variation: Add ¼ cup chopped onion

Sweet Potato Pie

Yield: 8 servings

- 2 cups sweet potatoes, cubed, cooked and drained
- ¼ cup margarine or butter, melted
- 3 eggs
- 1 cup sugar
- 1½ teaspoon cinnamon
- ¾ cup evaporated milk
- 1 teaspoon vanilla
- 1 - 9 inch pie shell, baked

1. Mash sweet potatoes together with melted margarine.
2. Blend in eggs, sugar, and cinnamon. Add milk and vanilla. Pour mixture into baked pie shell.
3. Microwave on MEDIUM-HIGH for 7 minutes.
4. Turn halfway through cooking and continue to microwave on MEDIUM-HIGH for another 6 to 8 minutes or until center is firm.
5. To bake, preheat oven to 375°F for 35 to 45 minutes or until knife in the middle comes out clean.

Variation: Sprinkle ½ cup pecans on top of pie.

Source: Nebraska EFNEP Cook

More Ideas for Sweet Potatoes:

- Cut into strips for baked fries.
- Mash and eat plain or in muffins, pancakes, quick breads and pies.
- Grill or roast them.

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