

SWEET POTATO

Sweet potato is a great staple to have on hand. It can be added to many dishes, and is a more nutritious alternative to the tradition potato. There are many varieties, but it is a common misconception that yams are the same kind of vegetable.

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BEST COOKING METHODS

- STEAMED
- BAKED
- ROASTED

RECIPE IDEAS

- STEAMED & MASHED
- OVEN FRIES
- ADD TO CHILI FOR A SWEET KICK

STORAGE

- Sweet Potato should be kept in a cool, dry place, rather than in the refrigerator
- Can last up to a month or more if kept in optimal conditions (cool and dry, and away from light)

NUTRITION

- Excellent source of Vitamin A.
- Good source of Vitamin B-6, fiber, and Potassium.

TIPS

- Substitute for white potatoes when making fries, mash, or hashbrowns. Or mix the two together for an even wider range of nutrients.
- Mashed or pureed, it can add sweetness and richness to muffins, quick breads, and smoothies.

MEDITERRANEAN BAKED SWEET POTATO

- 4 medium sweet potatoes
- 1 can (15oz) Chickpeas, drained and rinsed
- 1/2 tbsp oil (olive or vegetable)
- 1/2 tsp each: Cumin, Coriander, Cinnamon, Paprika
- 1/4 c garlic hummus
- 1 tbsp lemon juice
- 1 tsp dried dill
- 2-4 tbsp water
- 1/2 c tomatoes, chopped

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PREHEAT OVEN TO 400 DEGREES AND LINE A LARGE BAKING SHEET WITH FOIL. RINSE AND SCRUB POTATOES AND CUT IN HALD LENGTH WISE. TOSS CHICKPEAS WITH OLIVE OIL AND SPICES AND PLACE ON AN OIL-LINED BAKING SHEET. RUB THE SWEET POTATOES WITH A BIT OF OLIVE OIL AND PLACE FACE DOWN ON THE SAME BAKING SHEET. WHILE THE SWEET POTATOES AND CHICKPEAS ARE ROASTING, PREPARE YOUR SAUCE BY ADDING HUMMUS, LEMON JUICE, AND DILL TO A MIXING BOWL. WHISK TO COMBINE, ADDING JUST ENOUGH WATER TO CREATE A POURABLE TEXTURE. TASTE AND ADJUST SEASONINGS AS NEEDED. ADD MORE GARLIC, OR LEMON, OR DILL IF DESIRED, TO TASTE. ONCE SWEET POTATOES ARE FORK TENDER, AND CHICKPEAS ARE GOLDEN BROWN, REMOVE FROM OVEN. TO SERVE: FLIP POTATOES, MASH DOWN THE INSIDES, THEN TOP WITH CHICKPEAS, SAUCE AND CHOPPED TOMATO.

(ADAPTED FROM MINIMALISTBAKER.COM)

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