



# A new take on ... **SWEET POTATOES**

## **Storage:**

Sweet potatoes are actually specialized roots that store energy for growing new plants. As such, keeping them in the dark is essential so they don't react to the sun and try to grow shoots. Cool and dry (in an open-weave basket or paper sack – no non-breathable plastic!) are also essential conditions. Never put them in the fridge, they will get a hard center and shrivel quickly.

## **Sweet Potato Hash Browns**

- Countless recipes are available from people trying to make crispy sweet potato fries – a challenge because, well, sweet potatoes are not regular potatoes.
- A great, easy “solution” to this problem: sweet potato hash browns! Shred raw sweet potato, stir in salt, pepper and a pinch of chili powder. Fry in a uniform layer in butter or oil until crispy, stirring occasionally. Serve with maple syrup, salt pepper or toppings of your choice.

## **Uses for Mashed Sweet Potatoes**

- Add to dried beans when cooking for soups or hummus
- Substitute for up to half the liquid in muffins, biscuits, even savory biscotti!
- Add to soups and stews in place of some or all of the tomato
- Add to other veggies – steamed spinach or kale, peas and onions etc
- Add to fruit – pineapple, apples, blueberries, pears, oranges
- Substitute 1:1 for chickpeas in your favorite hummus recipe
- Combine with savory foods – pecans, maple syrup, sausage, pork, bacon
- Top with tahini or butter seasoned with paprika and honey or rosemary and thyme
- Mix with Greek yogurt to eat as is, or as a topping
- Add to fritters, in the batter or the main contents



There are many reasons to add more sweet potatoes to your menu rotation: Not only are they inexpensive and available year-round, they are far more nutritious than white potatoes or carrots. Low in calories but high in fiber and nutrients like vitamin A, C, carotenoids and many minerals, sweet potatoes are a nutritional powerhouse. So break away from the marshmallow casserole (invented in 1917 by ... you guessed it ... marshmallow manufacturers trying to sell more product) and give sweet potatoes the opportunity to expand your recipe list and improve your nutrition

## Sweet Potato Mash

Basic sweet potato mash for use in many other recipes or eaten as is: bake them low and slow! They become creamy and even sweeter!

- Wash potatoes, let dry
- Spread potatoes in large enough baking tray for them to be lay separate from each other
- Dribble olive oil on each potato, stir so they are uniformly covered
- Bake slowly – 250F
- Toss them around with a large utensil every 20-30 min until easily pierced with a fork, about 1.5 hr, depending on size and variety
- Let cool, scoop out flesh into a bowl and mash until uniform
- Use immediately, refrigerate for near future or freeze
- Optional: add herbs such as rosemary or thyme during baking

## Quick Sweet Potato Coconut Milk Soup

- *Finely chop or mash a couple fresh chili peppers (thai or other variety, to taste) with a medium onion or shallot, a clove of garlic and a small handful of cilantro stems*
- *Peel and chop one medium sweet potato*
- *Bring 2 cups stock and a 14 oz can of unsweetened coconut milk to a boil, add the mashed pepper mix and the sweet potato cubes, simmer until cubes are very soft*
- *If desired, puree with an immersion blender*
- *Add ½ tsp salt, 1 tsp brown sugar, juice from 2 limes and 1 tbsp fish sauce (or soy sauce, tamari)*
- *Top with cilantro leaves and serve*

