



SWEET POTATOES

AT HOME

New Hampshire Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods. Learn more at: www.nhharvestofthemonth.org

Tidbit

Sweet potatoes are not related to the potato but rather are a member of the morning glory family. They are regarded as one of the most nutrient-dense vegetables, and both skin and flesh are edible. These tubers are native to Central America and come in white, yellow, and orange varieties. Although often confused with yams, sweet potatoes are more flavorful and less starchy.



RECIPES

Sweet Potato Hummus

Yield: 3-4 cups

Ingredients:

- 2 medium sweet potatoes
- 3 Tbsp olive oil
- 1 15-oz can of chickpeas, rinsed and drained
- 3 Tbsp tahini
- 3 cloves garlic, peeled
- Juice of 1 lemon
- ½ tsp cayenne
- ½ tsp smoked paprika
- ¼ tsp cumin

Directions:

1. Preheat oven to 400°F. Bake sweet potatoes in a baking dish for 45-60 minutes, until cooked through and tender.
2. As sweet potatoes cool, add other ingredients to a food processor. Once sweet potatoes are cool enough to handle, remove skin and add flesh to other ingredients.
3. Process until smooth, and serve! Hummus can be topped with a sprinkle of cayenne, if desired.

Source: *Cookie and Kate*, edited by GMFTS

Roasted Black Bean & Sweet Potato Salad

Yield: 4 servings

Ingredients:

- 1 (15 oz.) can black beans, drained and rinsed
- 3 large sweet potatoes, peeled and cut into approximately 1 inch chunks
- 1 large onion, chopped (yellow sweet)
- 1 Tbsp. olive oil
- ½ tsp. each of salt and pepper

Dressing Ingredients:

- 2 Tbsp. olive oil
- 2 cloves garlic, peeled and minced
- 3 Tbsp. lime juice
- ½ tsp. ground cumin
- 1 cup fresh cilantro, finely chopped

Directions:

1. Preheat oven to 400°F.
2. Place your chopped sweet potatoes and onions onto a baking sheet, then drizzle about 1 Tbsp. of olive oil over and toss. Sprinkle salt and pepper. Bake for 30-35 minutes. Check after 15 minutes and toss vegetables again.
3. Remove sweet potatoes and onions from the oven when they are nicely golden. To keep warm, leave on the baking sheet and cover with foil.
4. Dressing: In a small bowl, mix olive oil, dash of salt, garlic, lime juice, cilantro, and cumin.
5. In a large serving bowl toss in roasted sweet potatoes, onions, black beans and then carefully pour the dressing. Mix well. Serve warm.

Source: GMFTS

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Benefits

Sweet potatoes are high in vitamins A and C. They also provide fiber and potassium.

Kid-Friendly Eating Tips

- Slice, toss with oil and seasonings, and bake for quick sweet potato fries
- Substitute sweet potatoes for winter squash or pumpkin in a cookie or muffin recipe
- Mash with butter and cinnamon for a sweet side dish
- Bake whole sweet potato, split in half, and enjoy with your favorite toppings

Cooking Tips

- Scrub sweet potatoes before cooking - no need to peel
- If pureeing or mashing, cook sweet potato whole and remove skin after cooked through
- *To bake:* Pierce whole sweet potato with fork and bake at 400°F until soft (45-60 minutes)
- *To microwave:* Pierce whole potato several times with a fork, wrap in a paper towel, and cook on high for about 6 minutes, turning potato over halfway through cooking

Storage Tips

- Store in a cool, dry location- like a pantry or garage; temperatures above 60 degrees can cause sprouting
- Sweet potatoes bruise easily, so handle with care
- Do not store raw sweet potatoes in the refrigerator
- Once cooked, sweet potatoes will keep for about a week in the refrigerator

