

# Visit the Sweet Potato Café!



*Your hostesses:*

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## Whipped Sweet Potatoes with Apples

3 ½ pounds (about 6 medium) sweet potatoes  
2 tablespoons plus 2 teaspoons unsalted butter or margarine  
2 tablespoons dark maple syrup  
Salt and freshly ground pepper  
1 golden delicious apple

Preheat oven to 400°F. Spray an 8-inch square baking dish with cooking spray and set aside. Melt 2 teaspoons butter in a cup in the microwave. Bake sweet potatoes until soft, 40-60 minutes, depending on size. Peel sweet potatoes as soon as they are cool enough to handle. Place flesh in a food processor or large bowl. Add remaining 2 tablespoons butter and maple syrup to hot sweet potatoes. Season to taste with salt and pepper. Spread sweet potatoes into prepared baking dish—making an even layer. Peel, halve and core apple. Place each half cut-side down on a cutting board and cut it crosswise into thin slices. Arrange slices in overlapping rows to cover yams. Brush apples lightly with the melted butter. Bake uncovered until yams are heated through and apples have softened—25 to 30 minutes. Serve warm or at room temperature. Makes 8 servings.  
3 cups

## Roasted Sweet Potato Dip

3 cups chopped, peeled sweet potato (about 1 pound)  
2½ cups chopped onion  
1½ cups chopped carrot  
1 tablespoon olive oil  
¼ cup tahini (sesame seed paste)  
¼ teaspoon salt  
1/8 teaspoon pepper  
Breadsticks (optional)

Preheat oven to 350 degrees F. Combine first 4 ingredients in a large bowl. Place sweet potato mixture on a jelly-roll pan. Bake at 350 degrees F. for 1 hour or until sweet potatoes are tender. Combine sweet potato mixture, tahini, salt, and pepper in a food processor, and process until smooth. Serve with breadsticks, if desired. Yield – 3 cups (serving size – 1 tablespoon).

*Nutritional Info: 24 calories (38% from fat) / 1g fat (sat 0.1g, mono 0.5g, poly 0.3g) / .5g protein / 0.0mg cholesterol / 10mg calcium / 16mg sodium / 0.6g fiber / 0.2mg iron / 3.4g carbohydrates*

### **Southern Sweet Potato Bread with Pecans**

1½ cups all-purpose flour  
2 teaspoons baking powder  
¼ teaspoon salt  
1 teaspoon ground nutmeg  
½ teaspoon ground cinnamon  
1 cup white sugar  
2 eggs, beaten  
½ cup vegetable oil  
2 tablespoons milk  
1 cup cooked, mashed sweet potatoes  
1 cup chopped pecans  
½ cup golden raisins

Preheat oven to 325 degrees F. Grease an 8x4 inch loaf pan. In a medium bowl, stir together the flour, baking powder, salt, nutmeg, cinnamon and sugar. Add the eggs, oil and milk. Mix until well blended. Finally, stir in the mashed sweet potatoes, pecans, and golden raisins. Pour the batter into the prepared pan. Bake 70 minutes or until a toothpick inserted comes out clean. Allow the bread to cool in the pan at least 15 minutes before removing. For best flavor, store overnight before serving.

### **Red and Sweet Potato Salad**

2 pounds red potatoes, cut into 1-inch chunks  
1 pound sweet potatoes, peeled and cut into 1-inch chunks  
¼ cup red wine vinegar  
1 tablespoon spicy brown mustard  
1¼ teaspoons salt  
½ teaspoon pepper  
½ cup reduced fat mayonnaise  
¼ cup 2% milk  
2 celery ribs, chopped  
1 small red onion, chopped  
1/3 cup minced fresh parsley

Place red potatoes in a large saucepan and cover with water; bring to a boil. Reduce heat; cover and cook for 2 minutes. Add sweet potatoes; return to a boil. Reduce heat; cover and cook 8 to 10 minutes longer or until potatoes are fork-tender. In a large bowl, whisk the vinegar, mustard, salt and pepper. Drain potatoes; add to vinegar mixture and stir gently to coat. Cool. In a small bowl, combine mayonnaise and milk. Stir in the celery, onion, and parsley. Gently stir into cooled potato mixture. Serve immediately or cover and chill.

## Sweet Potato Casserole

4 medium sweet potatoes  
¾ cup granulated sweetener  
½ cup milk  
2 teaspoons grated orange rind  
¼ cup fresh orange juice  
2 teaspoons vanilla extract  
4 tablespoons eggs, lightly beaten  
½ cup all-purpose flour  
3 tablespoons butter, melted  
1 cup panko crumbs  
½ cup finely chopped pecans  
2 tablespoons butter, melted  
3 tablespoons maple syrup

Preheat oven to 375 degrees F. Lightly grease a 13x9 inch baking dish. Place sweet potatoes on a baking sheet; bake for 1 hour or until done. Cool to touch. Peel and mash. Reduce oven to 350 degrees F. Combine sweet potatoes and next 8 ingredients in a large bowl. Beat at medium speed with an electric mixer until smooth. Spoon into baking dish. Combine panko crumbs and remaining ingredients; sprinkle crumb mixture over top of casserole. Bake for 1 hour or until casserole is thoroughly heated. Makes 14 portions.

*Nutrition Info (per serving): Calories 190 / Protein 4 gm / Fat 8g (sat 3g) / Carbohydrate 29g / Sugar 10 gm*

## Spicy Sweet Potatoes

3 large sweet potatoes, peeled and cut into 1-inch cubes  
2 tablespoons olive or canola oil  
2 tablespoons brown sugar  
1 teaspoon chili powder  
½ teaspoon salt  
¼ teaspoon cayenne pepper

In a large, resealable plastic bag, toss sweet potatoes and oil. Add remaining ingredients; toss to coat. Transfer to a greased 11x7x2 inch baking dish. Bake, uncovered, at 400 degrees F. for 40 to 45 minutes or until potatoes are tender, stirring every 15 minutes.

*Nutritional Analysis: 1 serving (¾ cup) = 149 calories / 4g fat (1g saturated fat) / 0g cholesterol / 164mg sodium / 28g carbohydrate / 3g fiber / 2g protein; Diabetic Exchanges = 1½ starch, ½ fat*

## Sweet Potato Casserole

4 medium sweet potatoes, peeled, cooked (about 1<sup>3</sup>/<sub>4</sub> pounds)  
½ to 1 cup fat-free sour cream  
1 teaspoon vanilla extract  
5 ½ teaspoons Equal for Recipes or 18 packets Equal sweetener or  
¾ cup Equal Spoonful  
1 teaspoon ground cinnamon  
½ teaspoon ground nutmeg  
¼ cup coarsely chopped pecans (optional)

Mash sweet potatoes with potato masher or beat with electric mixer until smooth. Mix in remaining ingredients, except pecans. Spoon sweet potato mixture into ungreased 1-quart casserole or soufflé dish; Sprinkle with pecans. Bake, uncovered, at 350 degrees F (175 degrees C) until hot throughout, about 30 minutes. Makes 6 servings (about ½ cup each).

*Nutritional Info (per serving): 165 calories / 4g protein / 38g carbohydrates / 0g fat / 0mg cholesterol / 27mg sodium; Food Exchange = 2 bread*

## Sweet Potato-Granny Smith Apple Salad

5 cups (½ inch) cubed, peeled sweet potato (about 1½ pounds)  
1 cup coarsely chopped onion  
¼ cup packed brown sugar  
¼ cup fresh orange juice  
2 tablespoons vegetable oil  
1 tablespoon fresh lemon juice  
½ teaspoon salt  
½ teaspoon black pepper  
3 cups (1-inch) cubed Granny Smith apple (about 1¼ pounds)

Preheat oven to 350 degrees F. Combine potato and onion in a 13x9 inch baking dish. Combine sugar and next 5 ingredients (sugar through pepper) in a small bowl. Pour over potato mixture; toss well. Cover and bake at 350 degrees F. for 30 minutes; stir occasionally. Stir in apple; bake 15 minutes or until apple is tender. Uncover and bake an additional 5 minutes. Yield – 14 servings (serving size - ½ cup).

*Nutritional Info: 103 calories (19% from fat) / 2.2g fat (sat 0.4g, mono 0.6g, poly 1g) / 1g protein / 0.0mg cholesterol / 19mg calcium / 92mg sodium / 2.4g fiber / 0.4mg iron / 20.6g carbohydrates*

## **Cinnamon Sweet Potatoes**

½ cup packed brown sugar  
3 tablespoons butter  
2 tablespoons water  
½ teaspoon salt  
½ teaspoon cinnamon  
1 (18 oz) can sweet potatoes, drained and cut  
into ½ inch slices

Mix brown sugar, butter, water and salt in 1-quart casserole. Microwave, uncovered, on High until bubbly, about 2 minutes, stirring once. Stir in sweet potatoes. Cover and microwave 3 minutes; stir potatoes to coat. Cover and microwave until hot – 2 to 4 minutes. Makes 4 servings.

## **Sweet Potato-Pear Bake**

1 (15 ounce) can pear halves  
3 cups cold mashed sweet potatoes  
4 tablespoons butter or margarine, melted, divided  
3 tablespoons brown sugar  
¼ teaspoon salt  
¼ teaspoon ground nutmeg  
2 tablespoons honey  
1 tablespoon grated orange peel  
6 tablespoons whole berry cranberry sauce

Drain pears, reserving 2 tablespoons juice (discard remaining juice or save for another use). In a mixing bowl, combine the sweet potatoes, 3 tablespoons butter, brown sugar, salt, nutmeg and reserved pear juice. Beat until combined. Spoon into a greased shallow 1½ quart baking dish. Arrange pear halves on top, cut side up. In a small saucepan, combine the honey, orange peel and remaining butter. Cook until heated through. Drizzle half over pears. Bake, uncovered, at 350 degrees F. for 30 minutes. Drizzle with remaining honey mixture. Bake 15 minutes longer. Fill pear halves with cranberry sauce.