

Sweet Potatoes Bring Health, Taste to Side Dish Choices

Rich in vitamins A, C, and B6, sweet potatoes make more than delicious pies and desserts. This versatile vegetable also can be used to add color, natural sweetness, and taste to many holiday side dishes.

SWEET POTATO CASSEROLE



2 1/2 pounds sweet potatoes (3 medium), peeled and cut into 2-inch chunks
2 large eggs
1 tablespoon canola oil
1/2 cup low-fat milk
2 teaspoons freshly grated orange zest
1 teaspoon vanilla extract
Cooking spray

CASSEROLE TOPPING

1/2 cup whole wheat flour
1/3 cup packed brown sugar
4 teaspoons frozen orange juice concentrate
1 tablespoon canola oil
1 tablespoon margarine, melted
1/2 cup chopped pecans*

Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Cover and cook over medium heat until tender, 10 to 15 minutes. Drain well and return to the pan. Mash with a potato masher. Preheat oven to 350°F. Coat a 2-quart baking dish with cooking spray. Whisk eggs and oil in a medium bowl. Add mashed sweet potato and mix well. Stir in milk, orange zest, and vanilla. Spread the mixture in the prepared baking dish.

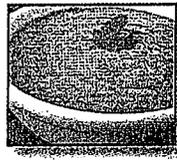
To prepare topping, mix flour, brown sugar, orange juice concentrate, oil, and margarine in a small bowl. Blend with a fork until crumbly. Stir in pecans. Sprinkle over the casserole. Bake the casserole until heated through and the top is lightly browned, 35 to 45 minutes. Makes 13 servings for 3-5 year olds at lunch/dinner.

🍌 Fruit/Vegetable

Source: <http://www.eatingwell.com>

*This food is a choking hazard for children under the age of 4 years.

CARROT AND SWEET POTATO SOUP



2 teaspoons olive oil
1 cup onion
1 clove garlic
3 pounds sweet potatoes
3 pounds carrots
6 cups chicken or vegetable stock
1/2 cup low-fat milk

Heat olive oil in pot. Chop up onions, garlic, sweet potato, and carrots. Sauté in the heated olive oil for 5 minutes. Add the stock to the pan, and simmer for 20 minutes. Blend with a hand blender. Bring to a very low heat. Stir in milk. Season to taste. Makes 44 servings for 3-5 year olds at lunch/dinner.

🍌 Fruit/Vegetable

Source: <http://www.healthysouprecipe.com>

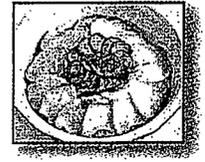
Is it a Sweet Potato or a Yam?

Sweet potatoes commonly labeled "yams" in the U.S. have a rich orange flesh and reddish-brown exterior. Actually, these potatoes are members of the sweet potato family and can be used interchangeably in recipes. A true yam grows on a tropical vine and is not even distantly related to the sweet potato.



The reason for this discrepancy is simple marketing: back in the mid-20th century, when orange-fleshed sweet potatoes were introduced to the United States, they were labeled "yams" to avoid confusion with the common white-fleshed sweet potato Americans were already enjoying.

POTATO AND SWEET POTATO TORTE



Cooking spray
1 tablespoon extra-virgin olive oil
1/2 cup leeks, trimmed, washed, and thinly sliced
1 tablespoon chopped fresh thyme, or 1 teaspoon dried thyme leaves
1/4 teaspoon ground pepper, divided
1 pound sweet potatoes, (about 2 small), peeled and cut into 1/8-inch-thick slices
1 pound potatoes, preferably Yukon Gold (2-4 medium), peeled and cut into 1/8-inch-thick slices.

Position oven rack at the lowest level; preheat to 450°F. Coat a 9 1/2-inch, deep-dish pie pan with cooking spray. Line the bottom with parchment paper or foil, and lightly coat with cooking spray. Heat oil in a large nonstick skillet over medium-high heat. Add leeks and thyme; cook about 5 minutes or until tender, stirring often. (If necessary, add 1 to 2 tablespoons water to prevent scorching.) Season with 1/8 teaspoon pepper. Arrange half the sweet potato slices, slightly overlapping, in the prepared pie pan and season with the remaining pepper. Spread one-third of the leeks over the top. Arrange half the Yukon Gold potato slices over the leeks. Top with another third of the leeks. Layer the remaining sweet potatoes, leeks, and Yukon Gold potatoes in the same manner. Cover the pan tightly with foil. Bake the torte until the vegetables are tender, about 45 minutes. Run a knife around the edge of the torte to loosen it. Invert onto a serving plate. Remove paper or foil and serve. Makes 19 servings for 3-5 year olds at lunch/dinner.

🍌 Fruit/Vegetable

Source: <http://www.eatingwell.com>