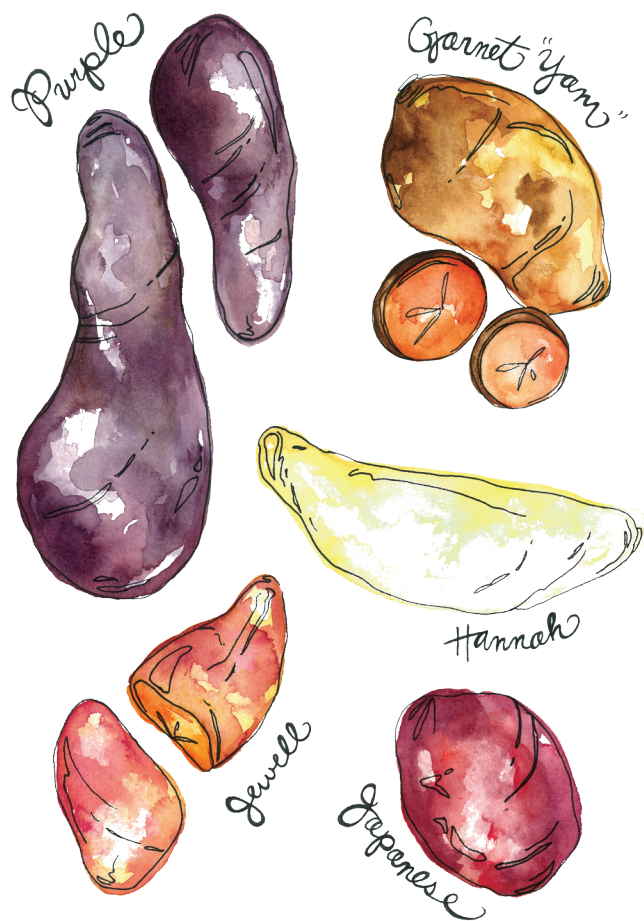


SWEET POTATO

Cafeteria | VermontHarvestoftheMonth.org

Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.



Kid-friendly Cooking Tips

- Slice, toss with oil and seasonings, and bake for quick sweet potato fries
- Combine chopped sweet potatoes, apples, and cinnamon and bake for a sweet dessert
- Sauté diced sweet potatoes, onions, and peppers to make a delicious vegetable hash
- Bake whole sweet potatoes and serve with a choice of toppings

Selection Tip

Look for smooth-skinned sweet potatoes that are free of scars, soft spots, or bruises.

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 the 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.

Mini-activities

- Make sweet potato chips- slice thinly or peel and bake until crisp
- Puree cooked sweet potato with chickpeas to make hummus
- Use the ends of sweet potatoes as vegetable stamps

Storage Tips

- Store in a cool, dry location- like a pantry or garage
- Sweet potatoes bruise easily, so handle with care
- Do not store raw sweet potatoes in the refrigerator to preserve texture and flavor

Benefits

Sweet potatoes are high in vitamins A, B6, and C, as well as antioxidants. They also provide fiber and potassium.

Complementary Herbs

Leek, sage, thyme, ginger

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Mashed Sweet Potatoes

Mashed Sweet Potatoes

Yield: 100 ½ cup servings

Ingredients:

- 36 ½ lbs sweet potatoes, peeled and diced
- 2 cups butter
- 1 ⅓ cups maple syrup
(may substitute honey or brown sugar)
- 5 tsp cinnamon
- 5 tsp salt
- 2 tsp pepper

Directions:

1. Cook potatoes in boiling water until tender (~12 minutes). Drain well in a colander, allowing potatoes to steam slightly.
2. Puree the potatoes with the butter, maple syrup, cinnamon, salt, and pepper. Do not over mix.
3. Taste and add more salt and pepper, if needed. Serve warm.

Source: Project Bread

Roasted Sweet Potato & Black Bean Salad

Roasted Sweet Potato & Black Bean Salad

Yield: 75 ¼ cup servings

Ingredients:

- 9 cups sweet potatoes, peeled and cut into ~1" chunks
- 9 cups black beans, drained and rinsed
- 2 cups onion, chopped
- 1 Tbsp. extra virgin olive oil, enough to roast
- 1 tsp. each of salt and pepper

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 min. 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, parsley or basil, 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

