

## SWEET POTATO

### *Types*

There are two basic types of sweet potato.

**Dry Flesh:** This refers to the mouth feel, not the moisture content in the sweet potato. This sweet potato is not as sweet or soft after cooking as the moist-fleshed potato.

**Moist Flesh:** These sweet potatoes soften and become sweeter after cooking. People often referred to them as yams.

### *Selection Info*

Look for small to medium sweet potatoes that have smooth, even-toned, and deep-colored skin. Avoid sweet potatoes with holes.

### *Preparation*

Sweet potatoes can be cooked in a variety of ways, including baked and mashed.

Before using, rinse sweet potatoes under a cool stream. Depending on the recipe, peel the potatoes. You can use a vegetable peeler or knife.

**Bake:** Heat oven to 450°F. Clean potatoes by scrubbing with a vegetable brush and laying on an oven rack. Bake for 30 to 45 minutes.

**Mash:** Bring a pot of water to a boil. Leave skin on or off as desired. Dice potatoes into chunks and place in the boiling water for 20 to 30 minutes or until they are tender when you poke them with a fork. Drain the water, then add milk, butter, salt, and pepper to taste. Mash and serve.

### *Storage*

**Short-Term Storage:** Store sweet potatoes in a cool, dark location for 3-5 weeks.

**Long-Term Storage:** Sweet potatoes can be frozen, canned, or stored in a basement storage room.



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# SWEET POTATO SQUASH PANCAKES

## Ingredients

- 1 teaspoon vegetable oil
- 1 large sweet potato
- 1 large winter squash
- 1/4 cup onion (chopped)
- 2 large egg whites
- 2 tablespoons fresh chives (chopped)
- 1 tablespoon all purpose flour
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper

## Directions

1. Bring a large pot of water to a boil over high heat.
2. Peel, wash, and chop the sweet potato and winter squash into cubes of roughly equal size. These short videos show preparation tips for acorn squash and butternut squash.
3. Add the squash and sweet potato to the boiling water and reduce heat to medium-high. Boil until they are tender (about 15 minutes).
4. Drain, cool, and mash the squash and sweet potato.
5. Make sure the mixture is cool or else you will cook the egg whites.
6. Add the other ingredients to the mashed squash-sweet potato mixture.
7. Heat oven to 200°F.
8. Spray 10-inch skillet with nonstick cooking spray. Heat the skillet over medium heat.
9. Cook pancakes in skillet one at a time. For each pancake, spoon 1/3 cup batter into the skillet and flatten slightly. Cook about 5 minutes on each side or until golden brown.
10. Spray pan before starting each pancake.
11. Place cooked pancakes on an ungreased cookie sheet, and keep them warm in oven while you cook the remaining pancakes.



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### Nutrition Information

Serving Size	1/6 of recipe
<b>Nutrients</b>	<b>Amount</b>
Total Calories	45
Protein	2g
Carbohydrates	8g
Dietary Fiber	1g
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	230mg