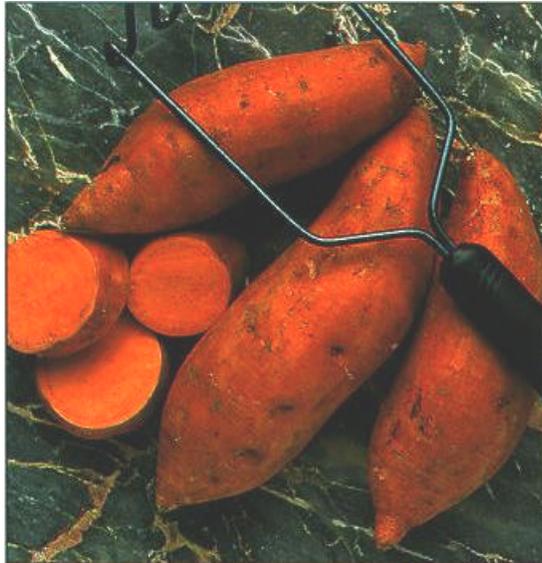


VEGETABLE OF THE MONTH NOVEMBER

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Potatoes

Sweet potatoes are a Native American plant that was the main source of nourishment for early homesteaders and for soldiers during the Revolutionary War. These tuberous roots are among the most nutritious foods in the vegetable kingdom. They are packed with calcium, potassium, and vitamins A and C. This is why one colonial physician called them the "vegetable indispensable." Sweet potatoes are often confused with yams, but yams are large, starchy roots grown in Africa and Asia. Yams can grow up to 100 pounds and are rarely available in American supermarkets. Nutritionally, sweet potatoes greatly outweigh yams. Due to the common use of the term "yam," it is acceptable to use this term when referring to sweet potatoes. Sweet potatoes contain an enzyme that converts most of its starches into sugars as the potato matures. This sweetness continues to increase during storage and when they are cooked.

How To Select: Choose firm, dark, smooth sweet potatoes without wrinkles, bruises, sprouts, or decay. Even if cut away, a decayed spot may have already caused the whole potato to take on an unpleasant flavor.

Storage: Sweet potatoes spoil rapidly. To keep them fresh, store them in a dry, cool (55-60°) place such a cellar, pantry, or garage. Do not store them in the refrigerator, where they will develop a hard core and an "off" taste. If stored properly, sweet potatoes will keep for a month or longer. At normal room temperature, they should be used within a week of purchase. You may brush off any excess dirt before storing, but do not wash them until you are ready to cook them. It is the moisture from washing that will increase their spoilage.

Preparation: Wash sweet potatoes well. Cook them whole whenever possible as most of the nutrients are next to the skin, and skins are easier to remove after they have been cooked. Pierce skin with fork. Place potatoes in a pan and cook in an oven heated to 375° for about 45 minutes or until tender. Cool potatoes slightly before removing skins. Sweet potatoes can be cooked in a microwave oven to save time. Wash and pierce potatoes, then place them on a paper towel. The cooking time for 2 medium potatoes is on high for 5-9 minutes, and 4 potatoes, 10-13 minutes. Yellow and dark orange sweet potatoes can be used interchangeably in recipes. Try not to mix the two types in a single dish, because their different textures and cooking times may affect the outcome of the recipe. The yellow variety takes longer to cook than the orange and will be done at the upper range of cooking times.



Make Sweet Potatoes Part of Your **5 -10 A Day** Plan

It is easy to include sweet potatoes in your **5-10 A Day** plan. Use them in soups, casseroles, puddings, baked goods, or as a substitute for white potatoes in your favorite recipes. They make a nice addition to stir-fries; cut them into thin sticks so that they will cook quickly.

Recipes

Sweet Potatoes & Carrot a L'orange

2 cups thinly sliced sweet potatoes (1 large)
1 cup sliced carrots
1/2 cup orange juice
1 tsp. orange peel, grated
1 tsp. lemon juice
1 tsp. cornstarch
1 Tbsp. water
2 Tbsp. slivered almonds or pecan pieces

Boil or steam sweet potatoes and carrots until tender throughout. When they are almost finished cooking, heat orange juice to boiling in saucepan. Add the orange peel and lemon juice. Dissolve the cornstarch in the 1 Tbsp. water and add to orange mixture. Continue to heat, stirring until thickened. Remove vegetables from pan and place in serving dish. Drizzle orange sauce over it and sprinkle nuts on top. Makes 4 dinner servings.

This is an official 5 a Day recipe

Nutritional Analysis Per Serving: Calories 101; Fat, 2 gm; Fiber, 4g; Cholesterol, 0 Sodium, 23mg; Carbohydrates, 73% Protein 8% Fat 19%

Glazed Sweet Potatoes

1 pound of sweet potatoes, peeled and cut into 1/2 inch-thick slices
vegetable cooking spray
1 Tbsp. cornstarch
1 Tbsp. brown sugar
3/4 cup unsweetened orange juice

2 Tbsp. lemon juice

Place potatoes in a 1-quart casserole with cooking spray. Combine cornstarch and brown sugar in a small bowl; add orange and lemon juices, stirring well. Pour over potatoes; cover and bake at 425°F for 40 minutes or just until potatoes are tender and glaze is thickened. Makes 4 servings.

This is an official 5 a Day recipe.

Nutritional Analysis Per Serving: Calories 160; cholesterol, 0; sodium, 15 mg; fat, trace (3 % of calories from fat)

Sweet Potato Pancakes

6 cups peeled and finely
Shredded sweet potatoes
1 cup finely shredded onions
1 tsp. no-salt herb blend
1 2/3 cup unbleached flour
1/3 cup chopped fresh flat-leaf parsley
2 cups finely shredded zucchini
1/4 cup lemon juice
1 1/2 cups egg substitute
6 tsp. canola oil, divided

In a large bowl, mix the sweet potatoes, zucchini, onions, lemon juice, herb blend, egg, flour and parsley. In a large no-stick frying pan or griddle over medium-high heat, warm 2 tsp. of the oil. Drop a large tablespoon of the batter into the pan and spread it with a spatula to form a thin pancake. Add more batter to fill the pan without crowding the pancakes.

Cook for about 2 minutes per side, or until golden and crispy. Remove from the pan and keep warm. Repeat, adding the remaining 4 tsp. oil as needed, until all the batter has been used. Makes 8 servings.

This is an official 5 A Day Recipe

Nutritional Analysis Per Serving:

Calories - 294; Fat, 4g; Cholesterol, 0mg; Fiber, 6g; Sodium, 80mg; % Calories from Fat - 12%

Sweet Potato Praline Pie

Recipe by: MSCS Wininger,

Serving Size: 10

Preparation Time: 1:30

1 cup All-Bran(R) Cereal - Finely Crushed

1/4 Cup Pecans - Finely Chopped

1 egg white - slightly beaten

2 cups sweet potatoes, mashed

1/4 cup brown sugar

1/4 cup granulated sugar

1 teaspoon cinnamon

1/2 teaspoon nutmeg

1/2 teaspoon ginger

pinch cloves

1 egg, plus 1 egg yolk - slightly beaten

1 scant cup milk, 2% lowfat

Combine first three ingredients, press into bottom and sides of 9 inch pie tin lightly sprayed with non-stick spray (easiest to do with dampened hands). Bake in 400 degree oven for 10 minutes.

Mix sweet potatoes in electric mixer for 5 minutes until smooth. Add sugars, spices and eggs, mix to blend. At low speed add milk until well blended. Pour into prepared shell and bake at 400 degrees for 45 to 55 minutes or until knife inserted into filling comes out clean (center may be soft but will set when cool). Refrigerate until ready to serve. Cut into 10 wedges per pie. Serve with Praline sauce.

One serving of Sweet Potato Praline Pie, with five teaspoons of sauce has 223 calories, six grams fat!

Praline Sauce

Recipe by: MSCS Winger, Serving size: 12
Preparation Time: 0:10

1/2 cup brown sugar
1 tablespoon cornstarch
3/4 cup coffee
1 teaspoon butter
1/4 cup pecans - finely chopped

In sauce pan combine brown sugar and cornstarch. Stir in Coffee. Cook and stir 4-5 minutes or until bubbly. Cook and stir for 2 minutes more. Stir in 1 teaspoon butter until melted. Stir in pecans. Serve warm with Sweet Potato Praline Pie, approximately 5 teaspoons per serving.