



# SIMPLY GOOD FOOD

## *Sweet Potatoes*

Look for well shaped firm sweet potatoes with smooth, bright uniformly colored skins, free from signs of decay. Because they are more perishable than Irish potatoes, extra care should be used in selecting sweet potatoes.

Avoid sweet potatoes with worm holes, cuts, grub injury, or any other defects which penetrate the skin; this causes waste and can readily lead to decay. Even when the decayed portion is cut away, the remainder of the potato flesh which looks normal may have a bad taste.

### Sweet Potato Biscuits

- 1 9 oz. Can sweet potatoes, drained
- 2 tablespoons milk
- 1 teaspoon sugar
- Dash Nutmeg
- 3/4 cup buttermilk baking mix

Preheat oven to 450° F. Place sweet potato, milk, sugar, and nutmeg in small bowl of electric mixer or blender. Beat rapidly or blend smooth. Add baking mix to sweet potatoes. Blend with fork until smooth.

Turn out on floured surface, knead 8 or 10 times, then pat out to ½" thickness. Cut with floured round cutter. Bake on ungreased cookie sheet 12 minutes or until puffed and golden brown.

Calories - 101.79; Protein - 2.10 g; Carbohydrates - 17.60 g; Dietary Fiber - 1.06 g; Fat - 2.59 g; Saturated Fat - 0.69 g; Cholesterol 0.41 mg; Sodium 195.16 mg.



## Maple Whipped Sweet Potatoes

- 2 large sweet potatoes (about 1 lb. total)
- 1 tablespoon dairy non-fat sour cream
- 1 tablespoon maple syrup
- 2 teaspoons butter
- Salt and freshly ground black pepper to taste

Scrub sweet potatoes thoroughly with a brush.. Pat dry. Prick potatoes with a fork. Bake in a 425° F oven for 40 to 60 minutes or till tender. Remove potatoes from oven. When cool enough to handle, cut each potato in half and scoop the pulp into a bowl. Add the non-fat sour cream, maple syrup, and butter. Mash potato mixture with a potato masher or beat with an electric mixer on low speed till light and fluffy. Season with salt and pepper to taste. Serve immediately or spoon into a covered 1-quart casserole dish; place in a 300° F oven to keep warm. Or, for make-ahead, spoon mashed potato mixture into a covered 1-quart casserole. Refrigerate overnight. Place in 400° F oven for 20 minutes or till heated through. Makes 2 servings.

Calories - 185.05; Protein -2.44 g; Carbohydrates - 35.70 g; Dietary Fiber - 3.07 g; Fat - 3.98 g; Saturated Fat - 2.43 g; Cholesterol - 10.36 mg; Sodium 53.14 mg.

## Cottage Fried Sweets

- 3 slices bacon, cut in ½ inch pieces
- ¾ cup chopped onion
- 2 ½ cups diced, canned sweet potatoes or 1 ½ pound sweet potatoes, cooked & diced
- 1 teaspoon salt
- ½ teaspoon sugar

Cook bacon and onion until tender; add sweet potatoes, salt & sugar. Cook uncovered over medium heat until potatoes are crispy on bottom; turn and cook on other side. Serves 4.

Supporting State Extension Goal: Health, Safety and Well Being

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