Sweet Potatoes

**Background:**

- Can be prepared as sweet or savory
- Pairs well with cardamom, cinnamon, cloves, coriander, cumin, ginger, mace, marjoram, nutmeg, poppy seed, sage, savory, and thyme
- Can be prepared in a variety of ways including baking, boiling, roasting, sautéing, or pureeing for a soup
- Should only be consumed cooked
- Extremely versatile and can be consumed at breakfast, lunch, or dinner
- Can typically be found in Latin American, Indian, and American cuisines

**Nutritional Value:**

- A medium sweet potato has over 4x the recommended daily intake of vitamin A, which is important for vision, bone development, and immune function
  
  Vitamin A is fat-soluble, so be sure to eat sweet potato with a little bit of fat to increase absorption

- The vitamin C in sweet potatoes helps the body fight infections, heal wounds, and absorb iron

- The manganese in sweet potatoes helps maintain normal blood sugars and optimal thyroid function

- Fiber keeps you full longer, helps regulate the digestive tract, and lowers cholesterol
Sweet Potatoes

How to SHOP:
Find sweet potatoes in the produce section of the grocery store near the other potatoes and onions.
They are available in early fall in Texas.
Canned and frozen sweet potatoes are available year-round and are sometimes labeled as yams.
When buying fresh sweet potatoes, choose those that are small to medium in size with smooth, unbruised skins.

How to GROW:
Sweet potatoes are a tropical vegetable that thrives in long, hot summers.
Start sprouts a month before warm weather occurs and when night temperatures get no colder than 60 degrees.
After a month, sprouts will grow 8-10” and produce several leaves. This is the optimum length for transplanting to a garden.
Till the soil and plants the sprouts 9-10” apart at a depth of 3”. Water well after planting.
Sweet potato roots are harvested 90-120 days after transplanting.

How to STORE:
Sweet potatoes need to be stored in a dark, dry, and cool (around 55°F) environment. Under these conditions they can be stored for 3-4 weeks.
Do not refrigerate.
Sweet Potato Curry Soup

INGREDIENTS:

- 1 Tbsp Canola oil
- 1/2 bunch Green onions, small dice
- 1 lb. Sweet potato, small dice
- 1/2 lb. Carrots, small dice
- 1 (15 oz) can Chickpeas, rinsed and drained
- 2-3 Tbsp Red curry paste (Thai)
- 1 (15 oz) can Coconut milk, low-fat
- 1/4 cup Lime juice, fresh, for topping

DIRECTIONS:

Heat oil in large pot over medium heat.

Sauté onions in oil until fragrant. Add sweet potato and carrots, and sauté until tender.

Add chickpeas, curry paste, and coconut milk. Stir together and allow to heat but do not boil.

Once the soup is heated through, use an immersion blender to blend together in the pot or transfer in batches to a standing blender until smooth.

Top individual servings with lime juice upon service.

HELPFUL TIPS:

Green onion can be subbed for any onion or shallot.

Boiling coconut milk can cause it to “break” apart, which should be avoided.

Add chopped nuts before serving to provide a good texture contrast.
Sweet Potato Chips

INGREDIENTS:

- 1 lb. Sweet potatoes, thinly sliced
- 2 Tbsp Canola oil
- 1 tsp Cumin
- 1 tsp Citric acid salt

DIRECTIONS:

Preheat oven to 400°F on convection. Line a baking sheet with parchment paper, then top with a metal sheet grate.

Use a mandolin to slice sweet potatoes thinly. If possible, soak the raw chips in water overnight then pat dry.

In a large mixing bowl, toss the chips in oil, cumin, and salt.

Place the chips on top of the grate, spaced apart evenly so the chips do not touch.

Roast for 10 minutes, flip the chips, then roast for another 5 minutes.

HELPFUL TIPS:

- No citric acid salt? Try regular salt, then add a fresh squeeze of lime after cooking.
- Soaking the raw chips in water overnight can help remove the starch and results in a crisper final product.
Sweet Potato Toast

**INGREDIENTS:**

1. 1 Sweet potato, sliced lengthwise 1/4” thick
2. 2 Tbsp Peanut butter
3. 1/4 med. Avocado, mashed
4. 1/8 tsp Sea salt
5. 1/8 tsp Red pepper flakes

**DIRECTIONS:**

Place sweet potato slices in a toaster on the highest setting.

After the slices are cooked through, top with desired toppings.

For one slice, spread with peanut butter

For another slice, spread with avocado then sprinkle with sea salt and red pepper flakes.

**HELPFUL TIPS:**

You can make multiple toast slices ahead and keep in the refrigerator for up to one week.

Try other sweet or savory toppings to eat at any time of day.