

SWEET POTATO RECIPES: SOME OLD, SOME NEW

"Sweet Potatoes Like You've Never Had Them Before"

Most people have recipes for Sweet Potato Pies, breads, candies yams and other more common Sweet Potato dishes.

Most of these recipes are a little different from the ordinary.

Baked Sweet Potato Fries

4 small sweet potatoes 1 T butter, melted 1/4 t. seasoned salt dash nutmeg nonstick spray
Spray 15 X 10 X 1 inch baking pan with nonstick spray. Scrub potatoes and cut lengthwise into quarters, then cut each quarter into wedges. Arrange in a single layer in pan. Combine salt, butter, and nutmeg and brush onto potatoes. Bake in a 450 degree oven until brown and tender.

Apple-Sweet Potato Casserole

2 large sweet potatoes 2 Baking apples 2 low-fat sausage patties
1 can whole kernel corn, drained 1/2 t. Cinnamon 1 pinch Nutmeg
Peel potatoes, halve and cut into 1/2 inch slices. Boil potatoes until barely tender. Core and slice apples into thin slices. Cook sausage in nonstick skillet until brown, crumble. Mix together, the sweet potatoes, apples, sausage, corn, cinnamon, and nutmeg. Transfer to a baking dish and bake covered at 350 until apples are tender, about 40-45 minutes.

Creamy Sweet Potato Soup

8 c peeled, chopped sweet potatoes 2 large carrots, peeled and chunked
2 stalks of celery, chunked
1/2 t each of cinnamon and ginger 5 c water
Simmer all vegetables in water until tender. Puree in batches in blender or food processor. Return to pot, gently reheat and serve. You may add a little cream for richness if you desire. Chicken stock can be used for part of the water for extra flavor.

Another Sweet Potato Casserole

4 medium sweet potatoes vegetable oil 1 T margarine or butter 1/4 c Orange Juice 2 T chopped walnuts 1/4 t nutmeg
Boil potatoes until tender. Drain, cool, peel, and mash. Add all other ingredients to potatoes and spread into greased casserole dish.
Bake at 375 for 25 minutes.

Old Fashioned Sweet Potato Pone

1 qt. (4 cups) uncooked grated sweet potatoes 2 c sugar 3 eggs 4 T melted butter 1 c sweet milk 1 T Cinnamon 1 T Ground Cloves
Beat eggs, milk, and sugar. Add spices and butter, mix well. Combine with sweet potatoes and pour into buttered casserole or baking dish. Bake at 350 for 45 minutes to 1 hour until golden brown.

Old Fashioned Sweet Potato Pudding

2 eggs, beaten 1/3 c sugar 1/2 t salt 3/4 t allspice 1/4 t ground cloves 1/4 c dark syrup 2 c hot milk 2 c grated sweet potatoes
1/3 c butter
Combine eggs, sugar, salt, spices, and syrup. Mix milk, sweet potatoes, and butter and cook in saucepan until potatoes are heated through: Bake in a 9 X 13 baking pan for 1 hour and 45 minutes until 2 hours. Serve warm with light cream or whipped cream.

Sweet Potato Pancakes

1/4 lb. sweet potatoes, grated 3 eggs
1/4 c all purpose flour 1/2 t baking soda 1/4 t nutmeg 1/8 t salt, pepper, and allspice 1 small onion, finely chopped
Use paper towels to squeeze excess water from potatoes. Mix all ingredients in bowl. Heat oil in skillet and cook potatoes in 1/4 c size portions. Cook for 2-3 minutes per side until golden. Serve with sour cream and apple sauce.

French Fried Sweet Potatoes

4 medium sweet potatoes salt and pepper to taste oil for frying
Peel and slice potatoes into 1/2 inch slices. Soak in ice water for 30 minutes. Drain and dry well. Heat oil to 385 and use medium high heat. Fry potatoes until golden about 5-7 minutes per batch. Do not over crowd pan.
Sprinkle with salt and pepper immediately when done. Serve hot.