

# Mississippi

## Sweet Potato Pinwheels

4 c. cooked, mashed sweet potatoes	3 eggs, well beaten
4 c. sugar, divided	4 c. self-rising flour
1 tsp. pumpkin pie spice	1/2 tsp. salt
2 c. chopped nuts	1/2 tsp. baking soda
1 c. shortening	Yellow and red food coloring (optional)

In saucepan, combine sweet potatoes, 2 c. sugar and spice, mix well. Cook over low heat until thick, about 10 minutes. Add nuts, cool. Cream shortening and 2 cups sugar until light and fluffy. Add eggs, continue mixing until well blended. Add flour, salt and baking soda, mixing until well blended. Divide dough into 3 parts. On lightly floured foil, roll each into an 8 x 12-inch rectangle, spread with 1/3 of filling mixture. Starting from wide end, roll as for jellyroll. Wrap in foil. Repeat with remaining dough and filling. Place in freezer several hours or overnight. To bake, preheat oven to 400 degrees F. Unwrap rolls, cut with sharp knife into 1/4-inch slices. Place on greased cookie sheets. Bake 10 to 12 minutes. Makes 7 to 8 dozen cookies.

## Sweet Potato Bon-Bon Candy

1 lbs. dried apricots or peaches, finely chopped	1 (14 oz.) can sweetened condensed milk
1 1/2 c. cooked, sweet potato puree	2 c. chopped pecans, toasted
4 c. coconut	2 lbs. powdered sugar

Mix all ingredients in large bowl. Chill 2 hours or until firm enough to shape into 1-inch balls. These can be served with a pecan on top or dipped in white chocolate to coat. Store tightly covered in refrigerator.

## Sweet Potato Sausage Balls

3 c. Bisquick	1 lbs. sausage
1 c. sharp cheddar cheese, shredded	1 1/2 c. cooked, mashed sweet potatoes

Combine all ingredients well. Roll into balls and place on grease sheet pan. Bake at 350 degrees F. for 20 minutes, until brown.

## Sweet Potato Party Punch

1 qt. cooked sweet potatoes, pureed	1 (46 oz.) can apricot nectar
2 qt. orange sherbet	1 (46 oz.) pineapple juice
2 qt. cold ginger ale	1 (16 oz.) 7-Up

Combine sweet potatoes puree and apricot nectar, mixing well. Chill everything. Just before serving, combine sherbet, sweet potatoes and apricot nectar mixture in punch bowl. Gently stir in other ingredients. Makes 2 gallons.

# Cooking Methods

There are several ways to cook sweet potatoes. First, scrub skins, trim ends and cut out bruised spots. For best results, use stainless steel knife as carbon blades may cause the sweet potato to darken.

**Bake:** Prick several times with a fork and bake at 400° F for 40 to 50 minutes or until tender.

**Microwave:** Prick several times and microwave on high power for 4 to 6 minutes or until tender. Turn halfway through cooking time. For more than one, select sweet potatoes similar in size and increase cooking time.

**Steam:** In a steamer, bring 1 1/2 inches of water to a boil. Place whole, unpeeled sweet potatoes in steamer basket, cover and steam for 40 to 50 minutes or until tender. To shorten cooking time to 30 minutes, peel and cut into 1-inch cubes.

**Boil:** Place whole sweet potatoes in boiling water and cook until tender, about 35 to 40 minutes.

**Sauté:** Peel and cut into 1/4- to 1/2- inch thick slices or 1-inch cubes. Place pieces and 2 tablespoons butter or oil in a large skillet and cook, stirring frequently, over medium-high heat until tender.

**Fry:** Peel and cut into lengthwise strips about 1/4- to 1/2-inch thick. Place in oil that has been heated to 365° F. Fry until brown and tender. Remove from oil and drain on paper towel.

**Grill:** Slice lengthwise into 1/4-inch thick slices. Place on grill. Turn once. Remove when tender.

**Fresh:** Peel and cut into sticks and serve with your favorite dip, or grate and toss in a salad. To prevent cut sweet potatoes from turning brown, immediately rinse pieces in cold water. Place cut sweet potatoes in ice water or in a plastic bag with ice and refrigerate until ready to serve. They will remain crisp for up to four days.



# Arkansas

## Sweet Potato Cheese Ball/Dip

- |  |  |
|--|--|
| 1 package (8 oz.) cream cheese, softened | 1 tsp. Worcestershire sauce                      |
| 2 c. cold mashed sweet potatoes          | 1 tsp. Louisiana hot sauce                       |
| 1/4 c. finely chopped onion              | 1/2 to 1 tsp. hot pepper sauce                   |
| 2 Tbsp. finely chopped jalapeno pepper   | 1/4 c. chopped pecans                            |
| 1 tsp. seasoned salt                     | Assorted crackers, breadsticks or raw vegetables |

In a mixing bowl, beat cream cheese and sweet potatoes until smooth. Add the next seven ingredients; mix well. Cover and refrigerate for 4 hours or until firm. Roll in chopped pecans (optional). Serve with crackers, breadsticks or vegetables. Makes about 3 cups.  
Note: When cutting or seeding hot peppers, use rubber or plastic gloves to protect your hands. Avoid touching your face.

## Harvest Potatoes

- |   |                               |
|---|-------------------------------|
| 4 c. cubed medium sized sweet potatoes    | 1 medium bell pepper, chopped |
| 2 1/2 c. cubed medium size white potatoes | 4 Tbsp. melted butter         |
| 1 small onion chopped                     | 1/2 c. Zesty Italian Dressing |
|   | 1 Tbsp. hot sauce             |
|   | Salt and pepper to taste      |

Mix all ingredients together and bake in a covered 9 x 13-inch greased casserole dish at 375 degrees F. for 1 hour. Remove cover and stir; bake another 15 minutes or until tender and browned. You can also cook this recipe on top of stove in skillet if pressed for time.

## Sweet Potato Buttermilk Cornbread

- |                        |   |
|------------------------|---|
| 1 c. all-purpose flour | 1/4 c. butter                             |
| 1 c. cornmeal          | 1 egg                                     |
| 1/4 c. sugar           | 1 c. buttermilk                           |
| 3 tsp. baking powder   | 1 1/2 c. peeled and grated sweet potatoes |
| 1 tsp. salt            |   |

Preheat oven to 425 degrees F. In a large bowl, combine flour, cornmeal, sugar, baking powder and salt. Cut in butter until mixture is crumbly. In a small bowl, beat egg until frothy. Stir in buttermilk and sweet potatoes. Pour sweet potato mixture into flour mixture, stirring just until blended. Pour batter into greased 9 x 9 x 2-inch baking dish. Bake 20 minutes or until center springs back when lightly pressed with fingertip. Cool in pan on wire rack. Cut into squares and serve. Makes 12 servings.

You can omit the sugar in this recipe and use this cornbread in your southern style dressing.

## EQUIVALENTS

### One pound raw fresh sweet potato equals:

- 3 cups shredded sweet potatoes
- 1 3/4 cups cooked, mashed sweet potatoes
- 3 cups cubed sweet potatoes (approx. 1/2 inch)
- 3 cups sliced sweet potatoes



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# California

## Cheesy Ham and Sweet Potato Casserole

1 1/2 lbs. fresh sweet potatoes	1/2 tsp. basil, crushed
Salted water	1/4 tsp. dry mustard
1/4 c. butter or margarine	1/8 tsp. pepper
1/2 c. chopped onion	1 1/2 c. milk
1/4 c. flour	3/4 lbs. cooked ham, cubed
1/2 tsp. salt	

Wash sweet potatoes. Cook unpeeled sweet potatoes, covered, in small amount of boiling salted water until tender, about 20 to 30 minutes. Cool. Peel and slice 1/4-inch thick; set aside. Melt butter in medium saucepan. Add onion, cook until tender. Remove from heat; stir in flour, salt, basil, mustard and pepper. Cook over low heat until bubbly, 2 to 3 minutes. Remove from heat; stir in milk all at once. Cook over medium heat, stirring constantly, until mixture comes to a boil. Boil and stir one minute. Remove from heat. Stir in 3/4 cup of the cheese and the ham. Pour half of mixture into greased 2-quart casserole. Arrange half of sweet potatoes on top. Repeat layers. Bake at 350 degrees F. for 25 minutes. Sprinkle with remaining cheese and bake 3 to 4 minutes longer, or until cheese has melted. Makes 6 servings.

## Garlic Mashed Sweet Potatoes

2 lbs. fresh sweet potatoes quartered	1/2 c. sour cream
2 cloves garlic, finely chopped	1 tsp. salt
6 Tbsp. butter, divided	1 to 2 Tbsp. chopped cilantro

Cook unpeeled sweet potatoes, covered, in boiling salted water, 20 to 30 minutes or until tender. Meanwhile, sauté garlic in 1 tablespoon butter for 2 minutes. When potatoes are fully cooked, drain thoroughly. Peel and dice and return to pan. Add sautéed garlic, remaining butter, sour cream and salt. Mash thoroughly. Fold in cilantro. Transfer to serving bowl and garnish with additional cilantro, if desired. Makes 4 to 6 servings.

## Sweet Potato Country Soup

1/2 c. olive oil	1/2 tsp. ground cinnamon
8 c. chopped onion	1/2 tsp. ground red pepper
1/2 c. minced garlic	4 c. peeled and chopped tomatoes
8 c. fresh sweet potatoes; washed and cubed	3 c. chopped sweet green peppers
1 gal. chicken broth	8 c. cooked or canned garbanzo beans
4 bay leaves	5 Tbsp. Lite soy sauce
8 tsp. paprika	1/2 c. fresh lemon juice
4 tsp. ground tumeric	6 c. grated parmesan cheese; for garnish
4 Tbsp. dried basil leaves	

In a large saucepot, heat oil; sauté onion and garlic for 5 minutes. Add celery, sweet potatoes, chicken broth and spices. Bring to boil; cover and simmer 15 minutes. Stir in tomatoes, green pepper and garbanzo beans; simmer 15 minutes longer. Carefully, in small batches, turn into container for food processor or blender and process and process until smooth. Stir in soy sauce and lemon juice; heat through. Ladle 1 c. (8 oz.) into each individual soup bowl and sprinkle with 1/4 c. (3/4 oz.) parmesan cheese.

# North Carolina

## Rosemary Scalloped Sweet Potatoes

4 medium sweet potatoes, peeled and sliced 1/2-inch thick	Sauce
1 large onion, sliced in 1/2-inch wedges	2 Tbsp. butter
1/2 c. water	3 Tbsp. flour
2 tsp. dried rosemary, crushed	1 1/2 c. milk
1/2 tsp. salt	1/2 c. potato liquid
	1/2 c. grated Parmesan cheese
	paprika

Combine all ingredients in a large saucepan. Bring to a boil. Reduce heat and simmer for 15 minutes or until potatoes are tender. Drain liquid and save for sauce. Transfer potatoes and onions into 7 x 11-inch baking pan. Drain liquid and save for sauce.

Sauce: Melt butter, blend in flour, add milk and potato liquid; stir constantly until thickened. Pour sauce over the potatoes. Sprinkle with Parmesan cheese and paprika. Bake in a 400 degree F. oven for 10-25 minutes. Makes 4-6 servings.

## N.C.'s Favorite Sweet Potato Pie

2 1/4 c. cooked, mashed sweet potatoes	2 large eggs, room temperature
3/4 c. granulated sugar	6 Tbsp. butter or margarine, softened
1/2 c. firmly packed brown sugar	1 tsp. ground cinnamon
1/2 c. packaged French vanilla instant pudding	1 1/2 Tbsp. vanilla extract
3/4 c. evaporated milk	1 9-inch unbaked pie shell

In a large bowl combine all ingredients and beat at medium speed until well blended. Spread evenly into unbaked pie shell. Bake at 450 degrees F. for 10 minutes. Reduce temperature to 350 degrees F. and bake for 40 minutes longer or until set. Cool on wire rack. If desired, garnish with whipped cream, raspberries and mint leaves. Makes 8 servings.

## Cloverleaf Sweet Potato Rolls

1 c. cooked, pureed sweet potatoes	1/3 c. sugar
1 c. milk	1 1/2 tsp. salt
1/3 c. butter	2 tsp. grated lemon zest
1 small package dry yeast	1/2 tsp. nutmeg
1/4 c. warm water	5-5 1/2 c. unbleached flour
	3 Tbsp. melted butter

In small saucepan, slowly heat milk and butter together until butter is melted. Pour into large mixing bowl and let cool to lukewarm. In a small bowl, stir yeast with 1 tsp. sugar into warm water; let sit until it bubbles up, about 5 minutes. Add remaining sugar, sweet potato puree, salt, lemon zest, and nutmeg to milk in mixing bowl; stir to combine. Stir in yeast mixture. Add 2 c. flour and beat for several minutes until dough becomes elastic. Continue adding flour, about 1/2 cup at a time, until dough comes together in a ball and is firm enough to knead. Turn out onto lightly floured surface and knead, adding flour as needed to prevent sticking. Work dough until smooth and elastic, about 10 minutes. Pour the melted butter into a bowl, add dough turning several times to coat with butter. Cover and let rise in warm place until double in size, about 1 hour. Punch dough down and cut into 24 equal pieces. Grease or spray 2 muffin pans. Divide each piece of dough into 3 smaller pieces. Roll to shape into round balls with the palm of your hand against the work surface. Put 3 balls into 1 muffin cup. Continue with remaining 23 pieces. Before baking, brush each roll generously with melted butter. Cover and let rise in warm place until almost double, about 30-45 minutes. Bake in preheated 375 degrees F. oven for 20-25 minutes until light brown. Makes 24 rolls.

# Louisiana

## Southwestern Pork Stew

1 3/4 lbs. pork tenderloin, trimmed of fat and cut into 1-inch pieces  
1/4 c. all purpose flour  
1 c. chopped red onion  
2 c. fat free chicken broth, more if needed to thin stew  
1 (10 oz.) can chopped tomatoes and green chilies  
1 1/4 lbs. sweet potatoes, peeled and cut into 1-inch cubes or 2 (15 oz.) cans sweet potatoes drained  
1 tsp. chili powder  
1/2 tsp. cumin  
1 (4 oz.) can diced green chilies, drained  
1 (16 oz.) package frozen corn  
Salt and pepper to taste

Toss pork with flour to coat. In a large pot coated with nonstick cooking spray, brown pork over medium heat about 5 to 7 minutes. Add onions and cook until tender. Add broth, tomatoes and green chilies, sweet potatoes, chili powder, cumin, diced green chilies and corn. Bring mixture to a boil, lower heat and simmer until potatoes are tender and pork is done, approximately 45 minutes. If stew sets thick, add more chicken broth. Season to taste. Makes 8 servings.

## Sweet Potato Bread Pudding with Praline Sauce

1 (16 oz.) loaf French bread, cut into squares  
1 (15 oz.) can sweet potatoes, drained and mashed or 1 cup fresh sweet potatoes, cooked and mashed  
1 (12 oz.) can evaporated skimmed milk  
1 1/2 c. skim milk  
2 large eggs  
2 large egg whites  
2 Tbsp. molasses  
1 tsp. ground cinnamon  
1/2 tsp. ground nutmeg  
2 tsp. vanilla extract  
Praline Sauce (recipe follows)

Preheat oven to 350 degrees F. Place French bread squares into a 2 quart oblong casserole dish coated with nonstick cooking spray. In a mixing bowl, beat sweet potatoes, evaporated milk, eggs, egg whites, molasses, cinnamon, nutmeg, and vanilla. Pour evenly over bread and press with hands to submerge bread in liquid mixture. Bake 35 to 45 minutes or until pudding is set. Makes 10 to 12 servings.

### Praline Sauce

2 cups sugar  
3 tsp. margarine  
1/2 tsp. baking soda  
1 c. buttermilk

In a very large pot (mixture foams up while cooking), cook sugar, margarine, baking soda, and buttermilk on medium heat, stirring frequently until sugar is dissolved. Mixture will foam, stir to beat down foaming. The color will begin to caramelize. Cook until a slight brown color, approximately 20 to 30 minutes.

## Sweet Potato Latkes

3 c. peeled, shredded sweet potatoes  
2 eggs, beaten  
1/4 c. sliced green onions  
1/4 c. all-purpose flour  
1 tsp. salt  
1/4 tsp. pepper  
Canola oil for frying

Combine sweet potatoes, eggs, onions, flour, salt and pepper in a large bowl. Pour oil to 1/4-inch depth in nonstick skillet. Heat over medium heat until hot. Measure 2 Tbsp. potato mixture for each latke. Flatten in palm of hand. Place in oil and flatten again by pressing with large spatula. Cook 2 minutes on each side or until golden and crispy. Remove from pan; drain on paper towels. Makes 8 (2 latke) servings.

# Alabama

## Chili Sweet Potato Hash

2 Tbsp. olive oil  
1/2 lb. sausage  
1 sweet potato  
2 tsp. chili powder  
1 tsp. ground cilantro  
1 c. grated cheese  
1 tsp. ground cumin

Preheat a large nonstick skillet over medium heat, with olive oil. Add sausage and break it up. Brown sausage for 3 minutes. Add sweet potatoes and red onion. Season with chili powder, cumin, and cilantro, stir frequently. Cook for 10-12 minutes or until sweet potatoes are nice and tender. Sprinkle with cheese. Optional: sprinkle with tomato salsa.

## Thai Sweet Potato Salad

2 3/4 c. lemon juice  
2 Tbsp. ground Coriander  
2 tsp. red pepper flakes  
3/4 tsp. ground white pepper  
1 1/3 c. vegetable oil  
8 lbs. sweet potatoes  
1 qt. dices sweet green pepper  
1 Tbsp. salt  
2 c. chopped onion  
2 2/3 c. roasted, salted peanuts coarsely chopped  
1 1/3 c. chopped cilantro

For dressing: Combine lemon juice, coriander, pepper flakes, salt and ground pepper. Beat in oil. Store in refrigerator. Cook sweet potatoes in salted, boiling water just until tender, 20 to 30 minutes. Do not overcook. Cool; peel and cut into 3/4-inch cubes. Combine diced potatoes, green pepper, onion, peanuts and cilantro. Gently toss with reserved dressing. Chill. To serve: Spoon 1 cup salad onto individual lettuce-lined plate.

## Apple Filled Sweet Potato

6 medium sweet potatoes  
1/4 c. firmly packed brown sugar  
1/2 c. butter or margarine  
Pinch of nutmeg  
1 tsp. grated orange peel  
1/4 c. chopped pecans, toasted (pecan halves)  
1 c. peeled, cored and coarsely chopped apples

Heat oven to 375 degrees F. Prick sweet potatoes with fork to allow steam to escape. Bake for 35 to 45 minutes, or until fork tender. Scoop out sweet potato leaving a thin shell. Set shell aside. Mix sweet potatoes and all other ingredients except apples and chopped pecan halves at medium speed. Beat, scraping the bowl often, until mixed well and no lumps remain. Fold in apples and pecan halves.

If desired, garnish each sweet potato with pecan halves. Bake for 15 to 20 minutes or until heated through.

If desired, do not stuff shells, instead, spoon sweet potato mixture into serving bowls, toast pecan halves and use to garnish sweet potato mixture.

## A Sweet Truth

Calorie counters do not have to shy away from sweet potatoes. Despite its sweet taste, a 3 1/2 ounce serving contains only 141 calories, less than a glass of whole milk. Even with a teaspoon of butter, the total number of calories is under 200. And yet this same serving is packed with over 100% of the recommended daily allowance (RDA) of Vitamin C. It also contains important iron, thiamine, riboflavin and phosphorus.