

Foods For Thought

From the Vegetable Garden Team of Eden Mill Nature Center

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Featuring:

SWEET POTATOES



Presented by
Harford County
Master
Gardeners
and
Family &
Consumer
Sciences
Educator

Ingredients

1.5 pounds sweet potatoes
(about 4 medium)
2 tablespoons olive oil
1 teaspoon garlic powder
1 teaspoon of black pepper
1 teaspoon of cinnamon

Directions

Preheat the oven to 450 degrees F.
Dice sweet potatoes into 3/4 inch cubes,
leaving the skin on. In a large bowl, mix
together sweet potatoes with the olive oil,
garlic powder, and salt.

Roasted Sweet Potatoes



Line a baking sheet with parchment paper and place sweet potatoes in an even layer. Bake for about 25 minutes, until the sweet potatoes are fork-tender and browned. They are great as a side dish for chicken or pork or on a salad.

*Nutrition info per serving (serves 6):
Calories 285; Fat 9g; Carb 54g; Fiber 14.6; Protein 9g; Sugar 20g; Sodium 240 mg.*

Ingredients

1 large sweet potato
2/3 cup 2% milk
2 cups uncooked penne pasta
1 tablespoon pine nuts
1 teaspoon rubbed sage
1 tablespoon butter
1 garlic clove, minced
1 teaspoon olive oil
3/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup shredded Parmesan cheese
Shredded spinach leaves (optional)

Directions

Scrub and pierce sweet potato; place on a microwave-safe plate. Microwave on high for 10 to 12 minutes until tender, turning once. When cool enough to handle, remove

Pasta and Sweet Potato Sauce



and discard skin. Place potato in a large bowl and mash with milk. Cook pasta according to package directions. In a large skillet, sauté nuts and sage in butter until the nuts are toasted. Remove from pan and set aside. In the same skillet, sauté garlic in oil for 1 minute.

Stir in the sweet potato mixture, salt and pepper. Drain pasta, reserving 3/4 cup cooking water; add to sweet potato mixture. Stir in the cheese, nut mixture and reserved cooking water. Add spinach leaves, if desired, and stir until wilted. Serve warm.

*Nutrition info per serving (serves 5, 3/4 cup):
Calories 295; Fat 8g; Saturated Fat 4g;
Sodium 529 mg; Carbs 46g; Protein 11g*

Ingredients

1 medium sweet potato, baked
2 large eggs
1/8 teaspoon salt
Pinch of ground cinnamon

Directions

Combine the sweet potato, eggs, salt, and cinnamon. Mix well. Heat a medium sized nonstick pan over medium-high heat. Add ¼ cup of the batter and cook for 3 minutes (this batter will not bubble up

Sweet Potato Pancakes



like regular pancake batter). Flip pancake and cook for an additional 3 minutes on the second side. Repeat with the remaining batter.

Nutritional info (makes 4 pancakes for one serving): Calories 257; Total fat 9.5g; Saturated Fat 4g; Carbs 26.9g; Fiber 3.9g; Protein 15g, Sodium 442mg, Cholesterol 372 mg



Recipes courtesy of Harford County Master Gardeners. Images from allrecipes.com and MGs.



Who said this?

My dream is to become a farmer. Just a Bohemian guy pulling up his own sweet potatoes for dinner.

– Lenny Kravitz, American singer-songwriter and actor



I've spent a lot of Thanksgivings on the road with my band, so anytime that I can spend Thanksgiving with my family in a traditional aspect, eating sweet potatoes and cranberries and stuffing and all the trappings of Thanksgiving... I'm happy.

– Richie Sambora, American musician



Sweet Potato Jokes:

1. Why are sweet potatoes so popular?

Because they are a-peeling.

2. What do soccer players call their sweet potato fans?

Speck Tators.

3. Why did the sweet potato cross the road?

It saw a fork up ahead.

4. What do you call a baby sweet potato?

A small fry.



Believe It or Not!

- China is the world's biggest producer and consumer of the sweet potato, where it is used for food, animal feed, and processing (as food, starch, and other products).
- Sweet potato is a safe, healthy, and natural treat for dogs, offering a range of health benefits and a sweet flavor.
- The leaves of sweet potatoes are edible and highly nutritious. You can use them in salads, stir-fries, or as a side dish.
- Before George Washington became a general and the first U.S. President, he was a sweet potato farmer!
- The first recipe of mashed sweet potatoes with marshmallows dates to 1917, when marketers of Angelus Marshmallows hired a chef to develop recipes to encourage home cooks to embrace the candy as an everyday ingredient.



compared to tree bark, and their flesh is dry and starchy like a regular potato. Sweet potatoes have smooth reddish skin, softer flesh (when cooked), and a sweet flavor. Its large, starchy, sweet-tasting tuberous roots are used as a root vegetable. The young shoots and leaves are sometimes eaten as greens and are an extremely valuable food source. Sweet potatoes have a long history dating back to prehistoric times. They were cultivated in Central and South America over 5,000 years ago and eventually spread across the globe.

The sweet potato flesh can vary from white to orange and even purple! The vines are usually long and trailing, with pink or purple funnel shaped flowers. The edible part is an enlarged tuberous root that can vary in shape from oblong to round.

Sweet potatoes are more perishable than white potatoes, so be selective at the grocery store. Quality potatoes are firm and free from any sign of decay. Do not store sweet potatoes in the refrigerator. Doing so will produce a hard center and they won't taste as good. Sweet potatoes are often listed as one of the ten best "superfoods" because they are filled with nutrients. This amazing tuber can be prepared in many ways including roasted, baked, and fried. The next time you are considering adding a potato as a side dish to your dinner, treat yourself and choose a sweet potato instead.

Health Benefits

Sweet potatoes are rich in fiber, vitamins, and minerals. They also promote gut health since they contain fiber and antioxidants. Since they contain many antioxidants, they may slow the growth of certain types of cancer cells; however, more human studies are needed. Sweet potatoes are rich in beta carotene which is responsible for the vegetable's bright orange color. Beta carotene may help prevent vision loss and improve eye health. Some animal studies have shown that sweet potatoes may improve brain health, but it is unknown whether they will have the same effect on humans. This versatile vegetable helps support your immune system and overall health. *Source: healthline.com*

What is a... sweet potato?

The sweet potato (*Ipomoea batatas*) belongs to the bindweed or morning glory family. It is not a yam! Yams have rough, dark brown skin that is often



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