



## Grilled Sweet Potatoes

**6** medium sweet potatoes  
**3 tablespoons** olive oil

**Dressing:**  
**1 tablespoon** finely chopped fresh basil  
**1 tablespoon** lemon juice

**½ teaspoon** lemon zest  
**1 tablespoon** olive oil  
**¼ teaspoon** salt

**Prepare** grill for hot, direct heat. **Peel** sweet potatoes and **cut** lengthwise or on a diagonal into ½-inch slices. **Coat** each slice with olive oil. **Lay** sweet potato slices on hot grill. **Cook** about 5 minutes on each side until slices are tender and crisp, being careful not to char. **Baste** sweet potato slices with

dressing and **serve** hot.

**Yield:** 6 servings.

**Nutritional Analysis:** 200 calories, 9 g fat, 1.5 g saturated fat, 0 mg cholesterol, 170 mg sodium, 26 g carbohydrate, 4 g fiber, 5 g sugars, 2 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

## Kentucky Sweet Potatoes

**SEASON:** All year — the peak season is October through March.

**NUTRITION FACTS:** Sweet potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

**SELECTION:** Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-sized sweet potatoes with smooth, unbruised skin.

**STORAGE:** Store unwrapped in a cool (50 degrees F), dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

**PREPARATION:** Scrub well. Leave whole or peel, then slice, dice or shred.

**To Bake:** Pierce skin in several places and rub with margarine, if desired. Arrange on a baking sheet in a single layer and bake uncovered in a 375 degree F

oven until soft when squeezed (45-60 minutes.)

**To Boil:** In a 3-quart pan, boil four whole medium-sized potatoes, covered in 2 inches water, until tender when pierced with a fork or knife. Drain.

**To Microwave:** Pierce skin, place on a paper towel in microwave. If cooking more than two at a time, arrange like spokes of a wheel. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

### KENTUCKY SWEET POTATOES

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
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