



# Kentucky Sweet Potatoes

**Season:** All year—peak October through March.

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

**Selection:** Two kinds of sweet potatoes are grown in Kentucky. They are divided by their color (dark orange, pale yellow, or white) and have either moist or dry flesh. Choose small- to medium-sized potatoes with smooth, unbruised skin.

**Storage:** Store unwrapped in a cool (50°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.

**Baking:** Pierce skin in several places and rub with margarine if desired. Arrange in a single layer and bake uncovered in 400°F oven until soft when squeezed (45 to 60 minutes).

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

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

*To steam:* Arrange whole potatoes on a rack. Steam until tender throughout when pierced (30 to 40 minutes).

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**Serving Ideas:** Serve hot, cooked sweet potatoes with butter seasoned with lemon peel and juice, orange juice, brown sugar, or chopped pecans. Or mash potatoes, adding butter and a sweet spice, such as cinnamon or nutmeg.

## Baked Apples and Sweet Potatoes

5 sweet potatoes

4 apples

½ cup margarine

½ cup brown sugar

½ teaspoon salt

1 teaspoon nutmeg

¼ cup hot water

2 tablespoons honey

Boil potatoes in 2 inches of water until almost tender. Cool potatoes, peel and slice. Peel, core and slice apples. Preheat the oven to 400 degrees Fahrenheit. Grease a casserole dish with a small amount of margarine. Layer potatoes on the bottom of the dish. Add a layer of apple slices. Sprinkle some sugar, salt, and tiny pieces of margarine over the apple layer. Repeat layers of potatoes, apples, sugar, salt and margarine. Sprinkle top with nutmeg. Mix the hot water and honey together. Pour over top of casserole. Bake for 30 minutes.

Yield: 6 servings of 1 cup each

*Nutritional Analysis:* 300 calories, 8 g fat, 1.5 g sat fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.

Source: USDA, food Stamp Nutrition Connection, Recipe finder. June, 2008

For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.ca.uky.edu/agcollege/fcs](http://www.ca.uky.edu/agcollege/fcs)

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