Sweet Potato Crisp

3 large fresh sweet potatoes, cooked until tender.
8 ounces reduced fat cream cheese, softened
1 cup brown sugar, divided
1 teaspoon vanilla
1 tablespoon ground cinnamon
2 medium apples, chopped
½ cup all-purpose flour
½ cup quick cooking oats
3 tablespoons butter
½ cup chopped pecans

1. Preheat oven to 350º F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
2. Mash sweet potatoes. Add cream cheese, ½ cup brown sugar, vanilla and cinnamon. Mix until smooth.
3. Spread sweet potato mixture evenly into pan.
4. Top sweet potatoes with chopped apples.
5. In a small bowl, combine flour, oats, and ½ cup brown sugar. Cut in butter until mixture resembles coarse crumbs. Stir in pecans.
6. Sprinkle mixture over apples.
7. Bake uncovered for 35-40 minutes or until topping is golden brown and fruit is tender.

Yield: 16, ¾ cup servings.
Nutritional Analysis: 240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.

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

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Kentucky Sweet Potato

SEASON: All year–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 ones with smooth, unbruised skin.
STORAGE: Store unwrapped in a cool (50 degree) 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 a 375º F oven until soft when squeezed (45-60 minutes.)
Boiling: In a 3-quart pan, boil 4 whole medium-size potatoes, covered in 2 inches water until tender when pierced. Drain.
Microwaving: Pierce skin, place on a paper towel in microwave. If cooking more that 2 at a time, arrange like spokes. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

Source: www.fruitsandveggiesmatter.gov

SWEET POTATOES
Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students
OCTOBER 2012

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