



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

Source: www.fruitsandveggiesmatter.gov

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
University of Kentucky, Dietetics and Human
Nutrition students

September 2014

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.ag/fcs

COOPERATIVE
EXTENSION
SERVICE

UK
UNIVERSITY OF
KENTUCKY
College of Agriculture,
Food and Environment