



## 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  
**⅔ cup** quick cooking oats  
**3 tablespoons** butter  
**¼ cup** chopped pecans

- 1. Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
- 2. Mash** sweet potatoes. Add cream cheese, ⅔ 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 ⅓ cup brown sugar. **Cut** in butter until mixture resembles coarse crumbles. **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.



## 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

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

margarine if desired. Arrange in a single layer and bake uncovered in a 375° 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 than 2 at a time, arrange like spokes. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

### SWEET POTATOES

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
 University of Kentucky, Nutrition  
 and Food Science students

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