



Yummy Sweet Potato Casserole

6 medium sweet potatoes	¾ cup low-fat vanilla Greek yogurt	Topping: ½ cup brown sugar	3 tablespoons melted butter
¼ cup maple syrup	¼ teaspoon vanilla extract	½ cup ground rolled oats	¼ teaspoon salt
2 tablespoons brown sugar	1 tablespoon cinnamon	1 tablespoon maple syrup	½ cup chopped pecans
2 eggs			
½ teaspoon salt			

Preheat oven to 325 degrees F. **Peel** sweet potatoes and **cut** into 1-inch cubes. **Place** sweet potato cubes in a medium saucepan and **cover** with water. **Cook** over medium-high heat until tender. **Drain** and **mash**. In a large bowl, **mix** together mashed potatoes, maple syrup, brown sugar, eggs, salt, yogurt, vanilla and cinnamon. **Blend** until smooth. **Pour** into a 13-by-9 inch baking dish. Topping: In a medium bowl, **mix** the brown sugar and oats.

Add in syrup, melted butter, salt and cinnamon; **blend** until mixture is coarse. **Stir** in pecans. **Sprinkle** over sweet potato mixture. **Bake** 30 minutes, or until topping is lightly browned.

Yield: 12, ½ cup servings

Nutritional Analysis: 190 calories, 7 g fat, 2.5 g saturated fat, 10 mg cholesterol, 190 mg sodium, 31 g carbohydrate, 20 g sugars, 4 g protein.

Kentucky Sweet Potatoes

SEASON: The peak season is October through March, however sweet potatoes are available all year in Kentucky.

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-size 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.

Baking: 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).

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

Microwaving: 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

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Source: www.fruitsandveggiesmatter.gov

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<http://plateitup.ca.uky.edu>



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