

Sweet Potatoes

Cutting Corners

Baked Sweet Potato

This can be a quick lunch or served as a side dish.

1. Scrub a medium sweet potato under running water.
2. Prick with fork several times.
3. Place on paper towel and microwave for 3-4 minutes or until tender.
4. To serve, cut the baked potato in half and top with butter or brown sugar, if desired.

Family Connections

Kids enjoy eating with their fingers. This easy recipe not only serves as a healthy snack or yummy bite for dinner, but also gives you and your children a break from fork and knives.

Slice a peeled sweet potato into 12 1/4-inch-thick pieces using a waffle-cutter. Place in a microwave-safe bowl with 1 tablespoon water and cover with wax paper. Microwave on high for 2 1/2 minutes. Transfer potatoes to a baking sheet lined with parchment paper. Brush slices lightly with olive oil and sprinkle with salt and pepper. Bake at 450 degrees F., turning once, for 15 minutes or until tender



Food on the Move

Sweet Potato Chips



- 1 sweet potato, peeled and very thinly sliced
- 1 tablespoon olive oil
- Cumin
- Paprika
- Salt

Heat oven to 400 F. Toss sweet potato slices with oil and seasoning, and arrange on baking sheet. Bake for 20-25 minutes until crisp, flipping halfway.

Store in airtight container for up to 2 days.

Answer: Sweet potatoes and yams belong to different botanical groups. While their names are commonly used interchangeably, true yams are native to Africa and usually not found in grocery stores.

Find answer in the second May edition

Keep It Safe

Fresh sweet potatoes can last up to 3 to 5 weeks if stored in a dark cool place (55°F), and should not be refrigerated. To clean the skin before cooking, the potato should be scrubbed with a vegetable brush and water.

Sweet Potato Pizza with Onion and Rosemary - Serves 4

- 6 tablespoons olive oil
- 2 large onions
- 2 (10-ounce) portions frozen pizza dough, thawed
- 6 small sweet potatoes, peeled and thinly sliced
- 1 tablespoon fresh rosemary or 2 teaspoons dried
- 2/3 cup grated Parmesan cheese



Heat the oven to 450° F. Heat 4 tablespoons of the oil in a large, nonstick skillet over medium heat. Add the onions and cook until translucent. Roll out the dough on a well-floured surface and transfer to two ungreased baking sheets (or two 12-inch pizza pans). Layer the dough with the sweet potato slices, overlapping them slightly and forming three rows (or in a circular pattern if making round pizzas). Top the potato slices with the onions and rosemary. Drizzle the pizza with the remaining olive oil and season with salt and freshly ground pepper. Bake pizzas 15 to 18 minutes. Top with Parmesan and return to oven 1 to 2 minutes, until cheese melts.

Baked Apples and Sweet Potatoes - Serves 6

- 5 medium sweet potatoes
- 4 medium apples
- ½ cup butter
- 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°F. Grease a casserole dish with a small amount of butter. Layer potatoes. Add a layer of apple slices. Sprinkle some sugar, salt, and tiny pieces of butter over the apple layer. Repeat layers of potatoes, apples, sugar, salt and butter. Sprinkle top with nutmeg. Mix the hot water and honey together. Pour over top of casserole. Bake for 30 minutes.

ASK AN AGENT

This E-Newsletter is brought to you by the MSU Extension Service in Custer, Fergus, Richland, Roosevelt & Sheridan Counties.

To ask a question or for more information contact:
 Ludmila Keller, Richland County Extension Agent
 406-433-1206
 Ludmila.keller@montana.edu

What Can I Do Today?

Substitute regular potatoes with sweet potatoes when making mashed potatoes, baked potatoes or other meals. Sweet potatoes are a healthy alternative, as they are higher in vitamin A and C, have more fiber, and fewer carbs and calories than regular potatoes.