



Be Sweet Potato Savvy

November 2014

Sweet Potato-Pecan Pancakes

Source: Cooking Light

Makes: 6 servings (serving size: 2 pancakes and 1 teaspoon pecans)

Ingredients

- 1 1/4 cups all-purpose flour
- 1/4 cup chopped pecans, toasted and divided
- 2 1/4 teaspoons baking powder
- 1 teaspoon pumpkin-pie spice
- 1/4 teaspoon salt
- 1 cup fat-free milk
- 1/4 cup packed dark brown sugar
- 1 tablespoon canola oil
- 1 teaspoon vanilla extract
- 2 large eggs, lightly beaten
- 1 (16-ounce) can sweet potatoes or yams, drained and mashed (about 3/4 cup)

Directions

1. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, 2 tablespoons pecans, baking powder, pumpkin-pie spice, and salt in a large bowl. Combine milk and next 4 ingredients (milk through eggs); add to flour mixture, stirring until smooth. Stir in sweet potatoes.
2. Spoon about 1/4 cup batter onto a hot nonstick griddle or large nonstick skillet. Turn pancakes when tops are covered with bubbles and edges look cooked. Sprinkle pancakes with 2 tablespoons pecans.

Nutritional Information (amount per serving): Calories 270, Fat 8g, Saturated Fat 1.5g, Cholesterol 70mg, Sodium 330mg, Carbohydrate 45g, Fiber 2g, Protein 7g

Sweet Potato-Pecan Burgers with Caramelized Onions

Source: *Cooking Light*

Makes: 6 servings (serving size: 1 burger)

Ingredients

Onions:

1 teaspoon canola oil
3 cups sliced onion
2 tablespoons balsamic vinegar
1 teaspoon sugar
1/8 teaspoon salt

Burgers:

2 1/2 cups (1/2-inch) cubed peeled sweet potato
Cooking spray
2 1/2 cups chopped onion
3 garlic cloves
1 cup regular oats
1 1/2 teaspoons ground cumin
3/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup chopped pecans, toasted
1 tablespoon canola oil, divided
6 Boston lettuce leaves
6 (1 1/2-ounce) 100% whole wheat or whole-grain buns
6 chili sauce

Directions

1. To prepare onions, heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add sliced onion to pan; sauté 12 minutes or until browned, stirring occasionally. Stir in vinegar, sugar, and 1/8 teaspoon salt; cook 30 seconds or until vinegar is absorbed. Remove onion mixture from pan; keep warm. Wipe pan dry with a paper towel.
2. To prepare burgers, place potato in a large saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain.
3. Heat large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add chopped onion and garlic to pan; sauté 5 minutes or until tender.
4. Place potato, chopped onion mixture, oats, cumin, 3/4 teaspoon salt, and pepper in a food processor; process until smooth. Place potato mixture in a large bowl; stir in nuts. Divide potato mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty.
5. Wipe pan dry with a paper towel. Heat 1 1/2 teaspoons oil in pan over medium-high heat. Add 3 patties to pan; cook 4 minutes or until browned. Carefully turn patties over; cook 3 minutes or until browned. Remove from pan; keep warm. Repeat procedure with remaining 1 1/2 teaspoons oil and 3 patties. Place lettuce leaves and patties on bottom halves of buns; top each patty with 1 tablespoon chili sauce, about 3 tablespoons onion, and top halves of buns.

Nutritional Information (amount per serving): Calories 380, Total Fat 12g, Cholesterol 0mg, Sodium 790mg, Carbohydrate 59g, Fiber 8g, Protein 11g

Roasted Sweet Potato Salad with Cranberry-Chipotle Dressing

Cooking Light

Makes: 8 servings (serving size: 3/4 cup)

2 1/2 pounds sweet potatoes, peeled and cut into 2-inch pieces

3 tablespoons olive oil, divided

3/4 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

3/4 cup fresh or frozen cranberries

1/4 cup water

2 teaspoons honey

1 (7-ounce) can chipotle chiles in adobo sauce

1/2 cup pepitas (pumpkinseeds)

3/4 cup chopped green onions

1/4 cup fresh cilantro leaves

Directions

1. Preheat oven to 450°.
2. Place sweet potatoes on a large jelly-roll pan. Drizzle with 2 tablespoons oil, and sprinkle with salt and pepper; toss to coat. Bake at 450° for 30 minutes or until tender, turning after 15 minutes.
3. Place remaining 1 tablespoon oil, cranberries, water, and honey in a saucepan. Remove 1 or 2 chiles from can; finely chop to equal 1 tablespoon. Add chopped chipotle and 1 teaspoon adobo sauce to pan (reserve remaining chiles and sauce for another use). Place pan over medium-low heat; bring to a boil. Cover, reduce heat, and cook 10 minutes or until cranberries pop, stirring occasionally. Remove from heat. Mash with a potato masher or fork until chunky.
4. Place pepitas in a medium skillet; cook over medium heat 4 minutes or until lightly browned, shaking pan frequently.
5. Combine potatoes, pepitas, onions, and cilantro in a bowl. Add cranberry mixture to bowl; toss gently to coat.

Note: Be sure to let the cranberries cook long enough that they start to pop; the juice helps to thicken the dressing.

Nutritional Information (amount per serving) Calories 190, Total Fat 8g, Saturated Fat 1g, Cholesterol 0mg, Carbohydrate 30g, Fiber 5g, Protein 4g