

RECIPE SECTION

If you think the only ways to enjoy sweet potatoes are baked or fried, think again! Our sweet potato recipes prove these sweet spuds can transform breakfast, dessert and everything in between. Sweet potatoes are wonderfully versatile and can be enjoyed in both sweet and savory dishes, mashed or grilled, and in the lead or supporting role – it's all up to you! Feeling hungry already?

In this section, you'll find a sneak peek of two sweet potato recipes. We encourage you to visit our [online recipe database](#) for a recipe for any occasion. Each recipe includes nutrition and dietary information and a hi-res color photo. In addition, each recipe is designed to be reprinted for your needs.

SWEET POTATO DATE SCONES

Winner in the 2011 Sweet n' Healthy Blogger Recipe Contest,
Morning Glory Bakes

Ingredients

2 cups all-purpose flour*	¼ teaspoon ground nutmeg
2 teaspoons cinnamon	½ cup cold butter, sliced
2 teaspoons baking powder	¾ cup mashed sweet potato
½ teaspoon salt	½ cup chopped dates
¼ teaspoon baking soda	¼ cup buttermilk
¼ teaspoon ground ginger	2 teaspoons vanilla extract
¼ teaspoon ground cloves	

Instructions

1. Preheat oven to 425°F.
2. In the bowl of a food processor, combine flour, cinnamon, baking powder, salt, baking soda, ginger, cloves and nutmeg; pulse to mix. Add butter; pulse briefly to break up butter.
3. Add sweet potato and dates; pulse to incorporate. Pour in buttermilk and vanilla; pulse until everything is wet.
4. Remove mixture to a floured surface. Knead until mixture just comes together.
5. Drop spoonfuls onto lined baking sheet. Bake until lightly browned, about 12 minutes.

Number of servings (yield): 12

Nutrition per serving (1 scone): 300 calories; 11g total fat, 227 mg sodium; 36g carbohydrate; 6g dietary fiber; 15g protein

*Try substituting some or all whole wheat flour for an even healthier scone.



HEALTHY LOADED BAKED SWEET POTATO

Ingredients

- 4 large sweet potatoes
- 1 cup plain Greek yogurt
- 2 tablespoons lime juice
- ¼ teaspoon salt
- 1 cup cooked or canned black beans
- ¼ cup toasted pumpkin seeds
- 2 tablespoons chopped chives
- 2 teaspoons chili powder

Instructions

1. Preheat oven to 400°F.
2. Line a rimmed baking sheet with foil. With a fork, pierce sweet potatoes all over and place on baking sheet; bake until tender, about 45 minutes.
3. Meanwhile, in a medium bowl, mix yogurt with lime juice and salt. Cover and refrigerate.
4. When sweet potatoes are done, allow to cool 10 minutes. With a small spoon, break and remove the skin from tops of the potatoes. Use a fork to gently mash the insides.
5. Top each sweet potato with 1/4 cup black beans, 1/4 cup yogurt mixture, 1 tablespoon pumpkin seeds, a sprinkle of chives and a dusting of chile powder.

Number of servings (yield): 4

Nutrition per serving (1 potato): 342 calories; 10g total fat; 383mg sodium; 51g carbohydrate; 11g fiber; 13g protein

