

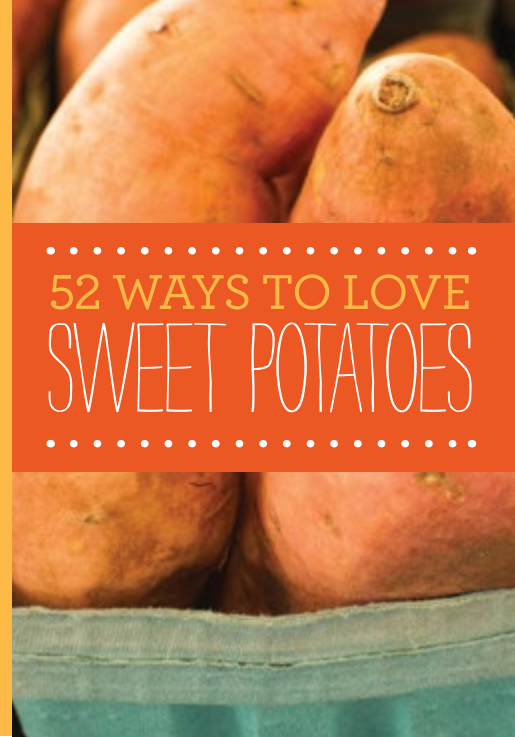
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**HOW TO BAKE
A SWEET POTATO:**

PREHEAT OVEN TO 400°F. WITH A FORK, PIERCE SWEET POTATO SKIN 5-6 TIMES. PLACE ON BAKING SHEET LINED WITH FOIL. BAKE UNTIL TENDER, 45 MINUTES TO 1 HOUR.
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**HOW TO MAKE
SWEET POTATO PURÉE:**

BAKE A SWEET POTATO; SET ASIDE TO COOL. CUT IN HALF LENGTHWISE. WITH A SPOON, SCOOP OUT FLESH; PURÉE UNTIL SMOOTH.
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52 WAYS TO LOVE
SWEET POTATOES
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**HOW TO MAKE ROASTED
SWEET POTATO ROUNDS:**

PREHEAT OVEN TO 400°F. SLICE SWEET POTATOES INTO 1/4-INCH ROUNDS. TOSS WITH OLIVE OIL TO COAT; SEASON WITH SALT AND SPICES IF DESIRED. PLACE ON A COOLING RACK FITTED INTO A BAKING SHEET. BAKE UNTIL TENDER WITH BROWN EDGES, ABOUT 20 MINUTES.
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**HOW TO MAKE ROASTED
SWEET POTATO CUBES:**

PREHEAT OVEN TO 400°F. CUT SWEET POTATO INTO CUBES. TOSS WITH OLIVE OIL TO COAT; SEASON WITH SALT AND SPICES IF DESIRED. SPREAD ON BAKING SHEET LINED WITH FOIL. BAKE UNTIL TENDER WITH BROWN EDGES, ABOUT 20 MINUTES.
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**HOW TO MAKE ROASTED
SWEET POTATO WEDGES:**

PREHEAT OVEN TO 400°F. CUT SWEET POTATOES INTO WEDGES. TOSS WITH OLIVE OIL TO COAT; SEASON WITH SALT AND SPICES IF DESIRED. IN A SINGLE LAYER, PLACE WEDGES ON A BAKING SHEET LINED WITH FOIL. BAKE UNTIL TENDER WITH BROWN EDGES, TURNING ONCE, ABOUT 20 MINUTES.
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JANUARY

Sauté sweet potato cubes with apples, onion and curry; add coconut milk and cook until tender. Purée for a creamy spiced soup.



Accompany **roasted sweet potato wedges** with blue cheese dressing.

Stir **sweet potato purée** into your morning oatmeal; top with toasted pecans.

Combine **sweet potato purée** and your favorite nut butter for a healthy breakfast spread on toast or muffins.

Top **baked sweet potato** with a dollop of Greek yogurt mixed with maple syrup. Sprinkle with cinnamon, if desired.

FEBRUARY

Add **roasted sweet potato cubes** to your favorite chicken soup recipe.

Sauté chickpeas, kale and tomatoes; serve over **baked sweet potato**.

Simmer sweet potato cubes in your favorite chili for a hint of sweetness.

Whisk **sweet potato purée** into your favorite pancake recipe. Serve with maple syrup.



MARCH

Replace white potatoes with mashed sweet potatoes in a traditional shepherd's pie.

Sauté sweet potato cubes with sliced onion until tender and caramelized; serve with fried eggs.



Combine **sweet potato purée** with tahini sauce for sweet potato hummus. Serve with pita chips or flatbread.

Add **roasted sweet potato cubes** to your frittata with goat cheese and arugula.

APRIL

Crack an egg into a split **baked sweet potato**. Bake another 10 minutes or until egg is set.

Add **roasted sweet potato wedges** to a salad of tomatoes, pecans, parsley, feta and lemon vinaigrette.



Did you know a medium sweet potato has only 103 calories when baked in its skin?

Add **sweet potato purée** to your favorite muffin or scone recipe for extra moisture and sweetness.

Sauté kale and white beans with garlic; spoon over **baked sweet potato**.

Whisk **sweet potato purée** into your French toast batter for sweet potato french toast. Serve with maple syrup.



MAY

Fill foil packets with sweet potato cubes, ground turkey, spinach and shredded cheese; bake until tender.

Add **roasted sweet potato cubes** to quinoa with apples, toasted pumpkin seeds and dried cherries.

Top **roasted sweet potato rounds** with blue cheese and candied pecans for a snack or appetizer.

Mix **sweet potato purée** with chipotle chile powder and add to quesadillas for a sweet n' spicy kick.

JUNE

Dip raw sweet potato sticks in a creamy avocado hummus dip.

Combine **roasted sweet potato cubes**, black beans and guacamole in your favorite tortilla for a vegetarian burrito.

Make homemade chips by slicing sweet potatoes on a mandoline, toss in olive oil and salt and bake at 350°F until edges are brown.

Use **sweet potato purée** to bind your favorite veggie burger recipe instead of egg.

JULY

Sprinkle sweet potato wedges with Cajun seasoning before baking; serve with creamy shrimp salad.

Mix leftover grilled meat or chicken with BBQ sauce and spoon over a **baked sweet potato**.

Shave sweet potatoes into thin strips with a potato peeler and sauté with butter for gluten-free "pasta." Top with Parmesan cheese shavings and toasted almonds.

Blend together **sweet potato purée**, a banana, maple syrup, cinnamon and milk for a powerful breakfast smoothie.

Combine **sweet potato purée**, puréed white beans and chopped parsley; form into patties. Pan-fry and serve with a green salad.

AUGUST

Shred raw sweet potato into a salad or coleslaw to add color and texture.



Combine **sweet potato purée** and ground turkey and form patties; cook 5 minutes each side.



Combine **roasted sweet potato cubes** with black beans, corn, roasted peppers, lime juice and cilantro for a picnic salad with a Southwest flair.

Combine **roasted sweet potato cubes** with sliced radishes, scallions and diced jalapeño. Dress with olive oil and lime juice; serve over arugula.

Sweet potatoes are a nutrition powerhouse! They provide vitamins A and C, fiber, manganese, potassium and antioxidants.

SEPTEMBER

Make homemade pizza with thinly sliced sweet potatoes instead of pepperoni.

Combine **sweet potato purée** with Greek yogurt and chipotle peppers for a spicy and creamy side dish.

Make a vegetarian sandwich with **roasted sweet potato rounds**, goat cheese, fig butter and arugula on toasted bread.

Toss hot pasta with browned butter, garlicky greens and **roasted sweet potato cubes**. Sprinkle with chopped hazelnuts and blue cheese.

OCTOBER

In a casserole, combine sweet potato cubes, cooked red quinoa, dried cherries, milk and maple syrup. Bake and top with toasted pecans.

Sauté peppers, onions and sweet potato cubes for a Tex-Mex taco filling.

Combine shredded rotisserie chicken with black beans and scallions; spoon over **baked sweet potato**.

Accompany your favorite grilled meat with **roasted sweet potato wedges** and a side of sautéed kale.

Combine **roasted sweet potato rounds** with sundried tomatoes, scallions and toasted pumpkin seeds; toss with vinaigrette.

NOVEMBER

Toss sliced sweet potato, brussels sprouts and cauliflower in olive oil and salt; bake at 400°F for 40 minutes or until tender.



Replace pumpkin with **sweet potato purée** in your Thanksgiving pie for a major flavor boost.



Spread **sweet potato purée** on toasted bread; top with leftover turkey and cranberry sauce for an open-faced sandwich.

Spread baking sheet with thinly sliced sweet potatoes. Top with cheddar and chopped onions; bake until tender. Serve with tomato salsa and guacamole for a healthy nacho plate.

DECEMBER

Combine **sweet potato purée** with Greek yogurt and warm spices in a casserole. Top with goat cheese and bake until bubbly and brown.

In individual muffin cups, layer thinly sliced sweet potatoes with gruyere cheese and pancetta. Top with heavy cream and bake.

Use grated sweet potato for holiday latkes. Pair with Greek yogurt.

Stuff cannelloni with **sweet potato purée** and ricotta cheese for a sweet twist on a classic.