

Sweet potatoes – a staple in the south and at Thanksgiving time – are sometimes overlooked. They are easy to prepare and are packed with nutrients. For the gardeners out there, they are also easy to grow. They take the Missouri heat and humidity and produce an abundant crop with minimal care.

Simple Sweet Potatoes

Microwave them (One sweet potato at a time. Increase cooking times by a couple of minutes if cooking more than one).

- Rinse and scrub sweet potatoes. Don't peel them before cooking.
- Poke a few holes in them with a fork.
- Microwave on High for 4 minutes on a plate or paper towel.
- Turn sweet potato over.
- Microwave on High for 4 minutes.
- Test for doneness by poking with a fork. It should slide in easily.
- Split open and peel if desired. Mash and top with your favorite condiments.

Roast them in the oven

- Preheat oven to 375°F.
- Rinse and scrub sweet potatoes. Leave peels on.
- Chop sweet potatoes into similar sized chunks (about 1 ½-inch chunks).
- In a bowl, toss sweet potatoes with oil (olive or vegetable), spices (e.g. pepper, paprika, thyme, rosemary, garlic powder, or spice mix), salt to taste, and chopped onion or garlic, if you prefer.
- Spread evenly on a baking sheet.
- Check and turn them after 20 minutes. Bake for 40 minutes or until tender.

Roasted Root Vegetables

Makes about 4 servings

All you need:

6 medium sized root vegetables (One kind or a mix of sweet potatoes, potatoes, carrots, turnips, etc. Keep peels on.)
1 medium onion
¼ cup vegetable or olive oil
3 tablespoons Parmesan cheese
Spices (e.g. pepper, paprika, thyme, rosemary, garlic powder, or spice mix)
Salt to taste (added after cooking)

All you do:

1. Preheat oven to 350°F.
2. Rinse and scrub root vegetables. Keep peels on.
3. Chop vegetables into similar sized chunks (about 1 ½-inch chunks), including onion.
4. In a bowl, toss all vegetables, oil, spices, and Parmesan cheese.
5. Spread an even layer on a baking sheet.
6. Bake for 1 hour or until tender.
7. Salt to taste.

Adapted from Montana State University Extension at <http://www.msuextension.org/nep/recipes.html>.

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Yukon Gold and Sweet Potato Mash

Makes about 6 servings

All you need:

1 pound Yukon Gold (or Russet) potatoes
plus 1 pound sweet potatoes washed, scrubbed, peeled if desired, and cut into 1 ½-inch chunks
1/2 cup low-fat milk
2 tablespoons butter
1 teaspoon brown sugar
3/4 teaspoon salt
1/4 teaspoon freshly ground pepper

All you do:

1. Place all potatoes in a large saucepan and add enough water to cover.
2. Bring to a boil and cook until they are tender when pierced with a fork – 20 to 25 minutes.
3. Drain potatoes.
4. Mash them in the pot.
5. Microwave the butter and milk in a small bowl for 30 seconds.
6. Add milk, butter, brown sugar, salt, and pepper to the potatoes and stir until combined.

Adapted from Eating Well at http://www.eatingwell.com/recipes/yukon_gold_sweet_potato_mash.html.