



Nutty Sweet Potato Biscuits

1 cup all-purpose flour
1/3 cup whole wheat flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt

1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/3 cup chopped walnuts

1 cup mashed sweet potatoes
6 tablespoons sugar
1/4 cup butter, melted
1/2 teaspoon vanilla
1 tablespoon milk

- 1.** In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set** aside.
- 2.** **Combine** sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and **mix** well.

- 3.** **Turn out** onto a floured surface; gently **knead** 3 or 4 times. **Roll** dough into 1/2 inch thickness. **Cut** with a 2 inch biscuit cutter and **place** on a lightly greased baking sheet.
- 4.** **Bake** at 450°F for 12 minutes or until golden brown.

Yield: 18 biscuits
Nutritional Analysis:
100 calories, 4 g fat,
2 g saturated fat, 5 mg cholesterol, 210 mg sodium,
14 g carbohydrate, 1 g fiber,
4 g sugar, 2 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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Kentucky Sweet Potato

SEASON: All year—peak season is October through March.

NUTRITION FACTS: Sweet Potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

SELECTION: Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-sized ones with smooth, unbruised skin.

STORAGE: Store unwrapped in a cool (50 degree) dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

PREPARATION: Scrub well. Leave whole or peel, then slice, dice or shred.

Baking: Pierce skin in several places and rub with

Source: www.fruitsandveggiesmatter.gov

margarine if desired. Arrange in a single layer and bake uncovered in a 375° F oven until soft when squeezed (45-60 minutes.)

Boiling: In a 3-quart pan, boil 4 whole medium-size potatoes, covered in 2 inches water until tender when pierced. Drain.

Microwaving: Pierce skin, place on a paper towel in microwave. If cooking more than 2 at a time, arrange like spokes. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

SWEET POTATOES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human
Nutrition students

OCTOBER 2012

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