



# Recipe of the Month

## SWEET POTATO CRISP

### Sweet Potatoes

Sweet potatoes are native to America and were the main source of nourishment for early homesteaders and soldiers during the Revolutionary War.

Sweet potatoes are often confused with yams. Yams are a larger root vegetable and are grown in Africa and Asia.

These tuberous roots are among the most nutritious foods in the vegetable kingdom. They are excellent sources of vitamins A and C. One half cup of cooked sweet potato will provide 90 calories, 3 grams of fiber and 380 percent of the Daily Value for vitamin A.

Sweet potatoes spoil rapidly. Store them in a dry, cool (55 to 60° F) place such as a cellar, pantry, or garage. Do not store them in the refrigerator or they will develop a hard core and an "off" taste.

If stored properly, they will keep for a month or longer.

### Apples

Apples can be traced back to the Romans and Egyptians who introduced them to Britain and finally to America.

Each American will eat about 120 apples every year.

At least 50 percent of the domestic crop is used in items such as applesauce, juice, jellies, pies, and other popular desserts.

There are about 2500 different varieties of apples grown in the United States. Thirty-six states grow apples commercially, including Kentucky. Washington is the number one apple producing state.

Store apples in plastic bags, in the refrigerator to avoid further ripening. They will keep up to six weeks.

One medium apple has about 75 calories, 5 grams of fiber, 16 grams of natural sugar, and contains vitamins A and C.

### Presentation Plan

#### Grocery list:

- Apples and Sweet potatoes – enough for recipe and display
- Reduced fat cream cheese
- Brown sugar
- Vanilla
- Cinnamon
- All- purpose flour
- Quick Oats
- Butter
- Pecans

#### Equipment needs:

- Medium sized sauce pan
- Paring knife
- Apple slicer (if available)
- Cutting board
- Dry measuring cups
- Measuring spoons
- Hand mixer/Pastry blender
- Non-stick spray
- Casserole dish
- Serving spoon
- Oven
- Pot Holders

#### Display preparation:

- Cover table with colorful cloth–(this is a great Fall recipe, so consider fall colors.)
- Basket to display fresh apples and sweet potatoes.
- Display area of place mat, and coordinating serving dishes for completed recipe.

#### Demonstration steps:

1. Discuss focus commodities and talking points.
2. Have a basket to display fresh apples and sweet potatoes.
3. Prepare recipe, demonstrating the use and nutrition of apple and sweet potatoes.

## Sweet Potato Crisp

**3 large** fresh sweet potatoes, cooked until tender.

**8 ounces** reduced fat cream cheese, softened

**1 cup** brown sugar, divided

**1 teaspoon** vanilla

**1 tablespoon** ground cinnamon

**2 medium** apples, chopped

**½ cup** all-purpose flour

**⅔ cup** quick cooking oats

**3 tablespoons** butter

**¼ cup** chopped pecans

### Directions:

- 1. Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
- 2. Mash** sweet potatoes. Add cream cheese, ⅔ cup brown sugar, vanilla and cinnamon. Mix until smooth.
- 3. Spread** sweet potato mixture evenly into pan.
- 4. Top** sweet potatoes with chopped apples.
- 5.** In a small bowl, **combine** flour, oats, and ⅓ cup brown sugar. **Cut** in butter until mixture resembles coarse crumbs. **Stir** in pecans.
- 6. Sprinkle** mixture over apples.
- 7. Bake** uncovered for 35-40 minutes or until topping is golden brown and fruit is tender.

**Yield:** 16, ¾ cup servings.

**Nutritional Analysis:** 240 calories, 6 g fat, 3 g saturated fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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### Kentucky Proud Project

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