



# Kentucky Sweet Potatoes

**Season:** All year—peak October through March.

**Nutritional Facts:** Sweet potatoes are a good source of fiber, complex carbohydrates, and vitamins A and C.

**Selection:** Two kinds of sweet potatoes are grown in Kentucky. They are divided by their color (dark orange, pale yellow, or white) and have either moist or dry flesh. Choose small- to medium-sized potatoes with smooth, unbruised skin.

**Storage:** Store unwrapped in a cool (50°F), 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 margarine if desired. Arrange in a single layer and bake uncovered in 400°F oven until soft when squeezed (45 to 60 minutes).

**To boil:** In a 3-quart pan, boil four whole medium-sized potatoes, covered in 2 inches of water, until tender when pierced. Drain.

**To microwave:** Pierce skin. Place on a paper towel in microwave. If cooking more than two at a time, arrange potatoes like spokes. Microwave on high, turning halfway through cooking time. Allow 4 to 5 minutes for one potato.

**To steam:** Arrange whole potatoes on a rack. Steam until tender throughout when pierced (30 to 40 minutes).

**Serving Ideas:** Serve hot, cooked sweet potatoes with butter seasoned with lemon peel and juice, orange juice, brown sugar, or chopped pecans. Or mash potatoes, adding butter and a sweet spice, such as cinnamon or nutmeg.

## Kentucky Sweet Potato Pie

1 cup baking mix (reduced fat, if available)

¼ cup cornmeal mix

⅓ cup water

2 cups sweet potato, mashed (1 large baked potato or 18 oz. can, drained)

1 can (14 oz.) sweetened condensed milk (skim, if available)

2 eggs

1 tablespoon cinnamon

Preheat oven to 350°F. In a small bowl, combine baking mix, cornmeal mix, and water. Beat with spoon 20 times. Coat hands with oil or vegetable spray and pat dough with hands into a greased pie pan to form crust. Set aside. In a medium bowl, stir together sweet potato, sweetened condensed milk, eggs, and cinnamon. Pour filling into crust. Bake pie in preheated oven for 45 minutes. Yield: 8 servings.

*Nutritional Analysis: 275 calories, 2 g fiber, 3 g fat, 56 mg cholesterol, 182 mg calcium, 270 mg sodium.*

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For more information, contact your county's Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <[www.ca.uky.edu/agcollege/fcs](http://www.ca.uky.edu/agcollege/fcs)>.