

Land Of The Saura

Stokes Purple Sweet Potato Recipes

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Sweet Potato Pancakes

1 and 1/2 cups wheat or spelt flour, 1 and 1/2 cups milk, 1 and 1/2 cups sweet potatoes (baked/peeled/mashed), 1/4 cup butter- melted, 2 large eggs – beaten, Canola Oil for frying, 1 teaspoons baking powder, 1 teaspoon salt, 1/2 teaspoon ground nutmeg

- Allow potatoes to cool to room temperature before making batter.
- In a large mixing bowl, sift together the flour, baking powder, salt and nutmeg.
- In a separate bowl, combine milk, potatoes, eggs and butter.
- Combine the two mixtures until dry ingredients are just moistened.
- Allow batter to set, while you heat a griddle or skillet to medium-high heat and lightly grease with oil.
- Use 1 Tbls. of Batter / pancake onto 350d. skillet, until brown, turning once.

Sweet Potato Ravioli

Ravioli- 2 lbs sweet potatoes, ¼ cup grated parmesan cheese, 2 tablespoons chopped sage, salt and pepper to taste, 1 12-ounce package wonton wrappers, 1 large egg, beaten to blend

Sage Butter Sauce- 3/4 stick butter, 8 large fresh sage leaves, thinly sliced

- **For ravioli-** Using a fork prick the sweet potatoes and microwave until tender; cool. Scoop potato pulp out of skins into small bowl. Add the parmesan cheese, chopped sage, salt and pepper; mash well. Line large baking sheet sprinkled with corn starch. Place wonton wrappers on work surface. Using pastry brush, brush edges of wrappers with beaten egg. Place 1/2 tablespoon sweet-potato filling in center of each. Fold each wrapper diagonally over filling, forming triangle. Seal edges. Transfer to baking sheet. (Can be made up to 5 days ahead. Freeze, then cover and keep frozen. Do not thaw before cooking.) working in batches, cook ravioli in pot of boiling salted water until tender, about 3 minutes (when they float they are done). Drain well.
- **For sauce-** Melt butter in a small sauté pan with sage using low heat, do not brown butter. Drizzle over cooked ravioli to serve.

Sweet Potato Salad in Maple Lemon Vinaigrette (Adapted from [The Best of Lord Krishna's Cuisine](#) by Yamuna Devi)

1. Cube and then steam 6 medium sized sweet potatoes. I use all purple sweet potatoes, or mix purple and orange ones for a festive look.
2. **Combine in a jar:** 4 Tbls. maple syrup, 3 Tbls. orange juice, 3 Tbls. lemon or lime juice, ¾ tsp. salt, Ground black and cayenne pepper to taste, ½ cup olive oil, ½ cup or more chopped fresh cilantro, 2 heaping Tbls. grated fresh ginger
3. **Shake to mix.** Gently toss dressing into potatoes. Stir in 1-3 fresh tomatoes chopped (It is surprising how great the tomatoes are in this!)

Refrigerate.

Roasted Sweet Potato with Root Vegetables

Peel and Dice sweet potatoes, carrots, parsnips, onions or other of your choice (Winter Squash can also be used when in season). Brush with Olive Oil and add salt, pepper and fresh rosemary to taste. Bake at 450 for 25 min.

Grilled Sweet Potato Fries:

2 lbs sweet potatoes, peeled and sliced into long thin wedges, 1/4 cup extra virgin olive oil (or as needed), 2 tbs light brown sugar, 1 tbs dried thyme and rosemary, chopped, Dash of cinnamon and nutmeg, Cayenne pepper to taste, Sea salt or coarse salt to taste, Fresh ground black pepper.

- Toss all ingredients with peeled, sliced sweet potatoes. Start with half the oil and add more if needed making sure all potato sticks are coated enough to not burn and crisp up, but none are greasy. Grill on medium high heat for approximately 5 minutes per side or until browned with grill marks and appear done.

Sweet Potato Casserole:

2 -1/2 pounds sweet potatoes (3 medium), peeled and cut into 2-inch chunks, 2 large eggs, 1 tablespoon canola oil, 1 tablespoon honey, 1/2 cup low-fat milk, 2 teaspoons freshly grated orange zest, 1 teaspoon vanilla extract, 1/2 teaspoon salt

Topping 1/2 cup whole-wheat flour, 1/3 cup packed brown sugar, 4 teaspoons frozen orange juice concentrate, 1 tablespoon canola oil, 1 tablespoon butter, melted, 1/2 cup chopped pecans

Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Cover and cook over medium heat until tender, 10 to 15 minutes. Drain well and return to the pan. Mash with a potato masher. Measure out 3 cups. (Reserve any extra for another use.) Preheat oven to 350°F. Coat an 8-inch-square (or similar 2-quart) baking dish with cooking spray. Whisk eggs, oil and honey in a medium bowl. Add mashed sweet potato and mix well. Stir in milk, orange zest, vanilla and salt. Spread the mixture in the prepared baking dish. To prepare topping: Mix flour, brown sugar, orange juice concentrate, oil and butter in a small bowl. Blend with a fork or your fingertips until crumbly. Stir in pecans. Sprinkle over the casserole. Bake the casserole until heated through and the top is lightly browned, 35 to 45 minutes.

Black Bean-Smothered Sweet Potatoes:

2 medium sweet potatoes
1 15-ounce can black beans, rinsed
1 medium tomato, diced
2 teaspoons extra-virgin olive oil
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1/4 teaspoon salt
2 tablespoons reduced-fat sour cream
2 tablespoons chopped fresh cilantro

Place in a baking dish and bake at 425°F until tender all the way to the center, about 1 hour. Meanwhile, combine beans, tomato, oil, cumin, coriander and salt, and heat in a small saucepan over medium heat. When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro.

| Nutrition Facts | | |
|---|------|---------------------|
| Serving Size 1/2 Cup Cooked | | |
| Calories 130 | | Calories from Fat 0 |
| % | | |
| Daily Value | | |
| Total Fat | 0g | 0% |
| Saturated fat | 0g | 0% |
| Trans fat | 0g | 0% |
| Cholesterol | 0g | 0% |
| Sodium | 14mg | 0.6% |
| Total Carbohydrate | 29g | 10% |
| Dietary Fiber | 4g | 16% |
| Sugars | 4g | n/a |
| Protein | 2g | 4% |
| <hr/> | | |
| Vitamin A | | 0% |
| Vitamin C | | 20% |
| Calcium | | 4% |
| Iron | | 6% |
| Percentage Daily Value are based on 2,000 calorie diet. | | |