

RECIPES

Sweet Potato Patties



Ingredients (3 serving)

1-2 small sweet potatoes
 1/2 cup crushed dry bread crumbs
 1/2 tablespoon vegetable oil

Healthy add-in: chopped green onion and fresh parsley; or finely diced apple and a pinch of cinnamon (add in Step 5).

Nutrition Information per serving

115 calories, 2.7 g fat, .22 g sat fat,
 2 g protein, 21 g carbohydrate,
 2.8 g fiber, 84 mg sodium.

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Wash the sweet potatoes.
3. Cook the sweet potatoes in a microwave until they are soft.
4. Remove the peels from the sweet potatoes.
5. Put the sweet potatoes in a medium bowl. Mash them with a fork.
6. Crush the bread crumbs on a cutting board with a rolling pin or jar.
7. Put the crushed bread crumbs in a small bowl.
8. Shape sweet potato into 6 small patties.
9. Roll each patty in the crushed crumbs.
10. Heat the oil in a frying pan on medium heat.
11. Brown each patty on both sides in the oil.

SWEET POTATOES

Choose: clean, smooth, firm-textured potatoes with no cuts, bruises or discoloration

Store: in a cool dry place. Perforated plastic or paper bags help extend their shelf life.
 Keep potatoes out of the light.

How much? 1 medium potato weighs about 5-6 ounces. 1 pound of potatoes is generally about 3 medium potatoes.