

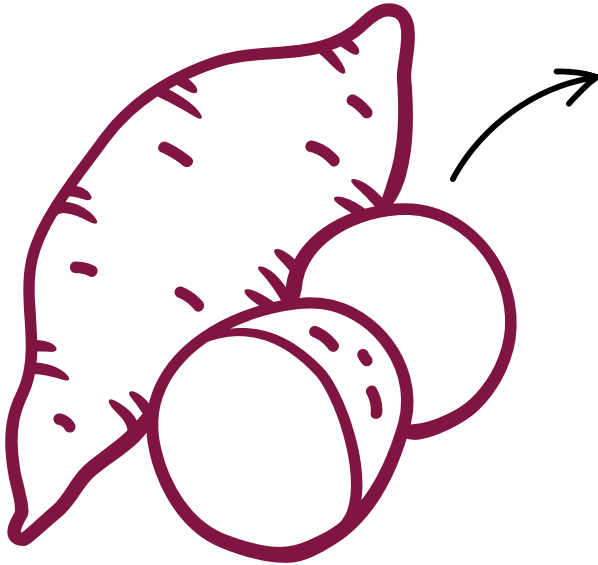
SWEET POTATO



LE
THE DÉPÔT

centre communautaire d'alimentation
community food centre

WHAT PARTS CAN I EAT AND HOW?



THE TUBER

- Can be eaten raw, peeled into ribbons or shredded
- Bake, roast or steam them!
- Add mashed sweet potato to baked goods, e.g. brownies, cookies and cakes
- As fries (either fried or baked)
- As a soup
- As a salad topping

FUN FACT: Sweet potatoes are typically recognized by their orange flesh, though hundreds of varieties exist with different colors such as white, cream, yellow, reddish-purple, and deep purple

NUTRITION FACT: Sweet potatoes are one of the top dietary sources of beta-carotene, a precursor to Vitamin A, which supports eye health, among other functions.

WHEN IS IT IN SEASON?



Sweet potatoes (imported) are available **all year-round**.

STORAGE



The key is to store them in a cool dry place, like in the cabinet of a pantry, in a paper bag or open bowl. Do not store them in a sealed container - potatoes need airflow to prevent spoilage.

ROASTED SWEET POTATO SALAD

SERVES 4-6

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INGREDIENTS:

- 2 sweet potatoes, peeled and cubed
- 1 can beans, drained and rinsed
- 1 onion, thinly sliced
- 1 bell pepper, diced
- Fresh coriander or parsley (*optional*)
- 4 tbsp. olive or canola oil
- 1/2 tsp. salt
- 1/2 tsp. pepper
- *Optional*: cooked quinoa or couscous
- 2 tbsp. mustard
- 2 tbsp. lemon or lime juice

INSTRUCTIONS:

1. Preheat the oven to 400°F. Line a baking tray with parchment paper and place potatoes on the sheet. Drizzle with 2 tbsp. oil and season with salt and pepper. Bake for 45 minutes. Halfway through baking, flip the potatoes.
2. To a large bowl, add roasted sweet potatoes, beans, onion, bell pepper and herbs.
3. Mix 2 tbsp. of oil, lemon juice, mustard salt and pepper and pour into bowl. Adjust seasoning as needed.

SWEET POTATO QUESADILLAS

SERVES 4

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INGREDIENTS:

- 2 cups sweet potatoes, in large chunks
- 3/4 cups onions, diced
- 1 cloves of garlic, crushed
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- 1 tablespoon dried basil
- 1/2 teaspoon paprika
- 3/4 tablespoon cumin
- Salt and pepper, to taste
- 4 whole wheat tortillas
- 3/4 cup grated cheese
- 1/2 cup canned black beans, drained and rinsed
- Olive oil

INSTRUCTIONS:

1. Place the sweet potatoes into a saucepan and cover with water. Bring to a boil, then cook for an additional 10 to 15 minutes, until they are soft.
2. Drain the water, and mash the sweet potatoes. Set them aside.
3. Dice the onions and garlic.
4. Heat the oil in a frying pan and sauté the onions and garlic until they're transparent. Add the spices and cook for another minute.
5. Stir in the sweet potatoes and heat everything up.
6. Spread 1/2 cup of sweet potato mixture on half of each tortilla. Spoon 2 tbsp. of black beans on top and cover with grated cheese. Fold the tortilla in half.
7. Grill each side for 3 to 4 minutes on medium heat or until golden brown. Cut into halves or quarters,