**JANUARY**

Combine sweet potato purée and your favorite nut butter for a healthy breakfast spread on toast or muffins. Top baked sweet potato with a dollop of Greek yogurt mixed with maple syrup. Sprinkle with chopped hazelnuts and blue cheese.

Accompany roasted sweet potato wedges with blue cheese dressing.

Stir sweet potato purée into your morning oatmeal; top with toasted pecans.

**FEBRUARY**

Add roasted sweet potato cubes to your favorite chicken soup recipe.

Preheat oven to 400°F. Cut sweet potato into cubes. Toss with olive oil to coat; season with salt and spices if desired. Spread on baking sheet lined with foil. Bake until tender, 45 minutes to 1 hour.

**MARCH**

Replace white potatoes with mashed sweet potatoes in a traditional shepard’s pie.

Simmer sweet potato cubes in your favorite chili for a hint of sweetness.

Whisk sweet potato purée into your favorite pancake recipe. Serve with maple syrup.

**APRIL**

Crack an egg into a split baked sweet potato. Bake another 10 minutes or until egg is set.

Add roasted sweet potato wedges to a salad of tomatoes, pecans, parsley, feta and lemon vinaigrette.

Blend together sweet potato purée, a banana, maple syrup, cinnamon and milk for a powerful smoothie.

**MAY**

Fill omelet with venues with sweet potato cubes, ground turkey, salsa and shredded cheese; bake until tender.

Add roasted sweet potato cubes to quinoa with apples, toasted pumpkin seeds and dried cherries.

Top roasted sweet potato rounds with blue cheese and candied pecans for a snack or appetizer.

Mix sweet potato purée with chiptolte and add to queso blanco for a sweet n’ spicy kick.

**JUNE**

Dip raw sweet potato sticks in a creamy avocado hummus dip.

Combine roasted sweet potato cubes, black beans and guacamole in your favorite tostada for a vegetarian burrito.

Make homemade tacos by slicing sweet potatoes on a mandoline, toss in olive oil and salt and bake at 350°F until edges are brown.

Use sweet potato purée to bind your favorite veggie burger recipe instead of egg.

**JULY**

Sprinkle sweet potato wedges with Cajun seasoning before baking; serve with creamy shrimp salad.

Mix leftover grilled meat or chicken with BBQ sauce and spoon over a baked sweet potato.

Shave sweet potatoes into thin strips with a potato peeler and sauté with butter for gluten-free pasta. Top with parmesan cheese shavings and toasted almonds.

**AUGUST**

Shred raw sweet potato into a salad or coleslaw to add color and texture.

Combine roasted sweet potato cubes with sliced radishes, scallions and jalapeño. Dress with olive oil and lime juice; serve over arugula.

**SEPTEMBER**

Make homemade pizza with thinly sliced sweet potatoes instead of pepperoni.

Combine sweet potato purée with Greek yogurt and chiptolte for a spicy and creamy side dish.

Make a vegetarian sandwich with roasted sweet potato rounds, goat cheese, fig butter and arugula on toasted bread.

Toss hot pasta with browned butter, garlic green and roasted sweet potato cubes. Sprinkle with chopped hazelnuts and blue cheese.

**OCTOBER**

In a casserole, combine sweet potato cubes, red quinoa, dried cherries, milk and maple syrup. Bake and top with toasted pecans.

Sauté peppers, onions and sweet potato cubes for a Tex-Mex taco filling.

Combine shredded rotisserie chicken with black beans and scallions; spoon over baked sweet potato.

Accompany your favorite grilled meat with roasted sweet potato wedges and a side of sauteed kale.

**NOVEMBER**

Combine roasted sweet potato rounds with sun-dried tomatoes, scallions and toasted pumpkin seeds; toss with vinaigrette.

Toss sliced sweet potato, brussels sprouts and cauliflower in olive oil and salt; bake until tender.

**DECEMBER**

Combine sweet potato purée and ground turkey and form patties; cook 5 minutes on each side.

Combine roasted sweet potato cubes with black beans, corn, roasted peppers, lime juice and cilantro for a picnic salad; garnish with Southwest flair.

Combine roasted sweet potato cubes with sliced radishes, scallions and jalapeño. Dress with olive oil and lime juice; serve over arugula.

**HOW TO BAKE A SWEET POTATO:**

Preheat oven to 400°F. With a fork, pierce sweet potato skin 5-6 times. Place on baking sheet lined with foil. Bake until tender, 45 minutes to 1 hour.

**HOW TO MAKE ROASTED SWEET POTATO CUBES:**

Preheat oven to 400°F. Cut sweet potato into cubes. Toss with olive oil to coat; season with salt and spices if desired. Spread on baking sheet lined with foil. Bake until tender with brown edges, about 20 minutes.

**HOW TO MAKE SWEET POTATO PURÉE:**

Bake a sweet potato; set aside to cool. Cut in half lengthwise. With a spoon, scoop out flesh; purée until smooth.

**HOW TO MAKE ROASTED SWEET POTATO WEDGES:**

Preheat oven to 400°F. Cut sweet potatoes into wedges. Toss with olive oil to coat; season with salt and spices if desired. Spread on cooling rack fitted into a baking sheet. Bake until tender with brown edges, about 20 minutes.

**How to Bake a Sweet Potato:**

Preheat oven to 400°F. With a fork, pierce sweet potato skin 5-6 times. Place on baking sheet lined with foil. Bake until tender, 45 minutes to 1 hour.

**How to Make Roasted Sweet Potato Cubes:**

Preheat oven to 400°F. Cut sweet potato into cubes. Toss with olive oil to coat; season with salt and spices if desired. Spread on baking sheet lined with foil. Bake until tender with brown edges, about 20 minutes.

**How to Make Sweet Potato Purée:**

Bake a sweet potato; set aside to cool. Cut in half lengthwise. With a spoon, scoop out flesh; purée until smooth.

**How to Make Roasted Sweet Potato Wedges:**

Preheat oven to 400°F. Cut sweet potatoes into wedges. Toss with olive oil to coat; season with salt and spices if desired. Spread on baking sheet lined with foil. Bake until tender with brown edges, turning once, about 20 minutes.

**Did you know a small sweet potato has only 103 calories when baked in its skin?**

**For more recipes, visit www.ncsweetpotatoes.com**

Sweet potatoes are a nutrition powerhouse! They provide vitamin A, C, fiber, manganese, potassium and antioxidants.