

BABY BOK CHOY & CHILI CHICKEN SWEET POTATOES



- 1 Preheat oven to 400°F. Scrub sweet potatoes with vegetable brush, wrap in aluminum foil, then bake for one hour, or until soft.
- 2 In a medium bowl, mix smoked paprika, chili powder, cinnamon, unsweetened cocoa, garlic powder, black pepper and salt together. Stir in 2 tablespoons olive oil, then toss in chicken to generously coat.
- 3 Set broiler on high and move potatoes to lower rack in oven. Place seasoned chicken on broiling pan 6 inches under broiler. Cook for 5-10 minutes per side, or until there is no pink inside the thigh and outside has darkened. Be sure to reset the oven back to 400°F after and move potatoes to middle of oven. Set chicken aside to rest and come to room temperature. Once cooled, cut into small pieces.
- 4 Chop bok choy and red bell pepper and place in medium bowl. In a small bowl, mix 2 tablespoons olive oil with 2 tablespoons fig vinegar. Toss with vegetable mixture. Add the chicken and toss again.
- 5 To assemble, slice the sweet potatoes open lengthwise and mash the insides slightly. Scoop out 1/3 cup of each sweet potato, then scoop 1/3 cup of the bok choy/chicken mixture into the middle of each sweet potato. Sprinkle with nuts for garnish. Note: For an extra stuffed sweet potato, keep the 1/3 cup mashed sweet potato or mix in with bok choy/chicken mixture.

NUTRITION

Nutrition per serving (1 potato): 285 calories; 21g total fat; 293mg sodium; 12g carbohydrates; 3g fiber; 13g protein

INGREDIENTS

- 6 medium sweet potatoes
- 2 tablespoons olive oil
- 1 tablespoon smoked paprika
- 1 teaspoon chili powder
- 1 teaspoon cinnamon
- 1 teaspoon unsweetened cocoa
- 2 teaspoons garlic powder
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon salt
- 4 chicken thighs
- 3 cups loosely packed, coarsely chopped baby bok choy
- 1 red bell pepper, chopped
- 2 tablespoons extra virgin olive oil
- 2 tablespoons fig balsamic vinegar
- 1/2 cup cashews, roasted & chopped

PREP TIME 30 MINS	COOK TIME 1 HOUR
SERVES 6	



CURRIED SWEET POTATO EGG MUFFIN CUPS



- 1 Preheat oven to 375°F. Coat a 12-cup muffin pan with cooking spray and set aside.
- 2 Whisk eggs, garlic, curry powder, cumin, salt and pepper in large mixing bowl until light and fluffy. Add the mashed sweet potato and stir until mixed thoroughly. Fold in the red pepper, cilantro and scallions, and cheese if using.
- 3 Divide the egg mixture evenly between the prepared muffin cups.
- 4 Bake for 20 minutes or until eggs are set. Let cool for 10 minutes. Unmold and serve.

INGREDIENTS

- 6 eggs
- 2 garlic cloves, finely chopped
- 1 teaspoon curry powder
- ½ teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 cups mashed sweet potato
- ½ cup diced red bell pepper
- ¼ cup fresh cilantro, sliced crosswise
- ¼ cup scallions, chopped
- ¼ cup finely grated Parmesan or cheddar cheese, optional

PREP TIME
15 MINS

COOK TIME
20 MINS

SERVES 12 (1 muffin each)

NUTRITION

Nutrition per serving: 254 calories; 8g total fat; 196mg sodium; 41g carbohydrates; 1g fiber; 4g protein



FARRO & ROASTED SWEET POTATO SALAD



- 1 Preheat oven to 400°F. Line a rimmed baking sheet with aluminum foil; spray with cooking spray.
- 2 Combine the farro, stock and 2 teaspoons salt in a large, heavy saucepan; bring to a boil over high heat. Cover and simmer, stirring occasionally, following package instructions until the farro is just tender. Toward the end of the cooking time, be sure to check it often, as you want it to retain just a bit of its structure and remain “toothsome”. Remove from heat, drain any excess water and set aside.
- 3 Meanwhile, combine the sweet potatoes, onion and thyme in a medium bowl. Whisk together the olive oil, balsamic vinegar and ½ teaspoon salt in a cup for dressing. Add 2 tablespoons of the dressing to the sweet potato mixture; toss to combine. Arrange in a single layer on the prepared pan; roast in the oven for about 20 minutes, tossing vegetables after 7 and 15 minutes to achieve even browning.
- 4 Remove from the oven and toss with cooked farro, ½ cup goat cheese, walnuts and remaining dressing. Transfer to a serving bowl and scatter remaining goat cheese over the top. Serve.

INGREDIENTS

- 2 cups farro, rinsed and drained
- 5 cups unsalted vegetable stock or water
- 3 medium sweet potatoes (1½ pounds), scrubbed and cut into ¾-inch cubes
- 1 large red onion (about 3 inches), cut into ¾-inch cubes
- 1 tablespoon fresh thyme, minced
- ⅓ cup extra virgin olive oil
- 3 tablespoons balsamic vinegar
- ½ cup chopped walnuts, toasted
- 1 cup crumbled goat cheese
- Salt

PREP TIME 10 MINS	COOK TIME 20 MINS
SERVES 6	

NUTRITION

Nutrition per serving: 630 calories; 24g total fat; 1074mg sodium; 86g carbohydrates; 15g fiber; 16g protein



PEAR-GINGER SWEET POTATO SHAKE



- 1** Remove sweet potato pulp from potato skin; discard skins. Add pulp to a blender with 1½ cups soymilk and ½ cup of cottage cheese. Puree for 2 to 3 minutes or until completely smooth, scraping down edges of blender pitcher with a spatula, if necessary.
- 2** Add frozen banana and pear, remaining 1 cup soymilk, yogurt, cinnamon, nutmeg, ginger, vanilla and maple syrup. Puree until blended and smooth, stopping blender to scrape sides if necessary. Add 2 cups of ice and pulse to chop; blend until smooth. Add remaining 1 cup of ice, if desired, to reach a thicker consistency.
- 3** Pour into 4 drinking glasses and serve.

*If you don't have any leftover sweet potatoes, scrub the potato skins with a produce brush. Pierce the sweet potato 5 to 6 times with the tines of a fork. Place on a microwave-safe plate and microwave for 8 to 10 minutes or until soft, rotating halfway through.

**To freeze bananas: Peel ripe bananas and slice into ½-inch pieces. Arrange in a single layer on a baking sheet or parchment paper-lined plate. Freeze until completely firm. When frozen, transfer to freezer zip-top bags until ready to use.

***To freeze ripe pears: Rinse, dry and core pears. Cut into ½-inch pieces. Arrange in a single layer on a baking sheet or parchment paper-lined plate. Freeze until completely firm. When frozen, transfer to freezer zip-top bags until ready to use.

NUTRITION:

Nutrition per serving (1 smoothie): 220 calories; 2g total fat; 207mg sodium; 41g carbohydrates; 5g fiber; 12g protein

INGREDIENTS

- 2 medium-sized leftover baked sweet potatoes, cooled*
- 2½ cups light vanilla soymilk, divided
- ½ cup 1% cottage cheese
- 1 banana, peeled & frozen
- 1 pear, cored and cubed
- ½ cup non-fat plain Greek yogurt
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 teaspoon fresh ginger, minced
- ¾ teaspoon vanilla extract
- 2 tablespoons maple syrup
- 1-1½ cups ice, depending on desired thickness

PREP TIME
10 MINS

COOK TIME
10 MINS

SERVES 4 SMOOTHIES



GINGER ORANGE SWEET POTATO SMOOTHIE



- 1 Puree all ingredients in a blender until smooth. If desired, add a little water.

INGREDIENTS

- 1 medium baked sweet potato, cooled and peeled
- ½ teaspoon orange zest
- 1 medium navel orange, peeled after zesting
- 1 medium apple, cored
- 1 banana, peeled
- 1 tablespoon maple syrup
- ½ teaspoon fresh ginger, grated
- ¼ teaspoon ground cinnamon

PREP TIME
10 MINS

COOK TIME
10 MINS

SERVES 2 SMOOTHIES

NUTRITION

Nutrition per serving (1 smoothie): 213 calories; 1g total fat; 24mg sodium; 54g carbohydrates; 7g fiber; 3g protein



SWEET POTATO & CAULIFLOWER TABBOULEH



- 1 Preheat the oven to 400°F. Line a large rimmed baking sheet with aluminum foil.
- 2 Place the diced sweet potato in a large bowl with 2 teaspoons of the olive oil and toss to coat evenly. Sprinkle with salt and pepper. Arrange on the baking sheet and bake until tender, 18 to 20 minutes, stirring halfway through. When done, remove from the oven, transfer to a plate and cool to room temperature.
- 3 Place the remaining 3 tablespoons olive oil, the zest and the lemon juice in a bowl and whisk until well combined. Set aside.
- 4 While the sweet potatoes are roasting, trim the cauliflower and cut in half. Shred on the large holes of a box grater. (The cauliflower will end up looking like grains of rice.) Transfer to a large bowl. Gently stir in the parsley, green onions, cranberries, mint, pepitas and sweet potatoes. Re-whisk the dressing and drizzle over the tabbouleh. Stir to combine.
- 5 Season with salt and pepper to taste.

*You can also shred the cauliflower into “rice” using a food processor. Cut the cauliflower into florets, place in food processor fitted with a grating attachment and process.

NUTRITION

Nutrition per serving: 210 calories; 9g total fat; 323mg sodium; 31g carbohydrates; 6g fiber; 4g protein

INGREDIENTS

- 1 pound sweet potatoes (1 large or 2 medium), peeled and cut into ½-inch dice (3 generous cups)
- 3 tablespoons + 2 teaspoons extra virgin olive oil, divided
- 1 small cauliflower (1¾ pounds untrimmed)
- 1 teaspoon lemon zest
- 1 cup parsley, roughly chopped
- 2 green onions, white and light green parts, very thinly sliced (1/3 cup)
- ½ cup dried cranberries
- ¼ cup mint, roughly chopped
- ¼ cup pepitas, roasted & salted
- 3-4 tablespoons of fresh lemon juice (about 1 lemon)
- Kosher salt
- Pepper

PREP TIME
10 MINS

COOK TIME
20 MINS

SERVES 6 (1¼ cup each)



SWEET POTATO & SAGE MAC N CHEESE



- 1 Bring a small pot of water to a boil. Add the sweet potatoes and return to a boil. Reduce heat to a simmer and cook for 15 minutes until fork-tender. Drain well and transfer to a blender.
- 2 Meanwhile, bring a large pasta pot of salted water to a boil and cook pasta following package instructions. Drain well, return to saucepan and set aside.
- 3 In a medium bowl, whisk together soy milk, nutritional yeast, cornstarch, Dijon mustard, onion powder, $\frac{1}{2}$ teaspoon salt, cayenne pepper (if using) and black pepper.
- 4 In a 2-quart saucepan, melt the butter over medium heat. Add half of the sage (reserve the remaining sliced sage leaves) and all of the garlic; cook just until they are aromatic and begin to brown. Whisk in the soy milk mixture. Reduce heat to medium low and cook until thick.
- 5 Add the sauce and lemon juice to the sweet potatoes in the blender and blend until thick and smooth. Toss with the cooked pasta, reheat gently if necessary; taste and add salt and pepper if desired, then serve topped with the reserved sliced sage.

INGREDIENTS

- 1½ pounds (3 medium) sweet potatoes, peeled and chopped into $\frac{1}{2}$ -inch pieces
- 1 pound whole-wheat or gluten-free pasta
- 1½ cups unsweetened soy milk
- $\frac{1}{2}$ cup nutritional yeast
- 2 tablespoons cornstarch
- 4 teaspoons Dijon mustard
- 1 teaspoon onion powder
- $\frac{1}{4}$ teaspoon cayenne pepper, optional
- $\frac{1}{8}$ - $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{4}$ cup butter (for vegan version, use Earth Balance)
- 10-12 large fresh sage leaves, thinly sliced crosswise
- 1 clove garlic, finely chopped
- 2 tablespoons fresh lemon juice
- Salt

PREP TIME 20 MINS	COOK TIME 15 MINS
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SERVES 6 ($\frac{1}{2}$ cups each)

NUTRITION

Nutrition per serving: 482 calories; 10.6g total fat; 206mg sodium; 86g carbohydrates; 12g fiber; 17g protein*



SWEET POTATO BANANA OATMEAL BREAKFAST PUDDING



- 1 Heat oven to 350°F. Spray an 8x8-inch baking dish with cooking spray.
- 2 In a large bowl combine oats, walnuts, cranberries, baking powder, cinnamon, allspice, salt and 2 tablespoons of the sugar until blended. Remove ½ cup of the mixture and set it aside in a small bowl.
- 3 In a blender or food processor puree the sweet potato, bananas, eggs, vanilla, 1 cup of the milk, 2 tablespoons of the canola oil and remaining 2 tablespoons of the sugar until smooth. Add to the larger bowl of the oat mixture. Stir in remaining milk. Pour into prepared pan. Add remaining tablespoon of oil to the remaining oat mixture (in the smaller bowl). Stir; set aside.
- 4 Bake 10 minutes. Remove from oven. Sprinkle with oat mixture. Return to oven. Bake an additional 25 to 30 minutes, until puffed and golden brown.
- 5 Serve warm or at room temperature, topped with a dollop of yogurt and a drizzle of maple syrup, if desired.

INGREDIENTS

- 2 cups old-fashioned rolled oats
- ¾ cup toasted walnuts, chopped
- ½ cup dried cranberries
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon ground allspice
- ¼ teaspoon salt
- 4 tablespoons brown sugar
- 1 large baked sweet potato, cooled and peeled
- 2 ripe bananas, peeled
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 cups 1% milk
- 3 tablespoons canola oil
- Plain or vanilla Greek yogurt
- Maple syrup

PREP TIME 15 MINS	COOK TIME 40 MINS
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9 SERVINGS (½ cup each)

NUTRITION

Nutrition per serving: 288 calories; 14g total fat; 166mg sodium; 36g carbohydrates; 4g fiber; 7g protein



SWEET POTATO FALAFEL



- 1 Add the garlic, kale and parsley to the food processor and process for 30 seconds to 1 minute until the greens are finely chopped. Add the chickpeas and process again until the beans are crumbled but not yet turned into paste. Remove half the contents of the process and put into a medium-sized bowl.
- 2 Add the remaining ingredients to the processor (except for cooking spray). Process for 1 minute, until all the ingredients become incorporated but not too pasty.
- 3 Add the processed mixture to the mixture in the bowl. Using a spatula, stir well to combine. Let sit for 5 to 10 minutes for the flavors to blend.
- 4 Heat an oven to 400°F.
- 5 Put parchment on a rimmed baking sheet. Spray with cooking spray. Using a small cookie scoop, or melon baller, make balls the size of ping pong balls and place on baking sheet. Spray the tops with cooking spray.
- 6 Bake for 10 minutes on one side. Flip the balls over and bake another 10 minutes. When time is up, let the balls sit for 5 minutes to cool before serving.
- 7 Serve in pita bread or corn tortillas, or wrap in lettuce leaves.
- 8 **Yogurt Tahini Sauce:** Combine all ingredients in a small bowl. Add a little water to thin, if desired. Serve on the side.

NUTRITION

Nutrition per serving (falafel with yogurt tahini sauce):
259 calories; 10g total fat; 621mg sodium; 36g carbohydrates;
7g fiber; 10g protein

INGREDIENTS

- 4 medium cloves garlic, chopped
- 2 cups kale, stemmed and chopped
- ¼ cup Italian parsley leaves
- 1 15-ounce can of chickpeas, drained
- 1 cup cooked sweet potato
- ¾ cup cooked quinoa
- 2 teaspoons ground cumin
- 2 teaspoons lemon juice
- 1 tablespoon tahini
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- Cooking spray

Yogurt Tahini Sauce

- ½ cup plain Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon tahini
- 2 tablespoons red onion, thinly sliced
- 1 small clove garlic, minced
- ¼ teaspoon salt
- ⅛ teaspoon pepper

PREP TIME 10 MINS	COOK TIME 20 MINS
4 PORTIONS (5 Falafel Balls Each)	



SWEET POTATO PIE FRUIT LEATHER



- 1 Preheat oven to 175°F and set an oven rack to the middle position. Line a cookie sheet with a Silpat silicone baking mat or other nonstick baking mat.
- 2 Peel and cut fruit and sweet potato into 1-inch pieces. You should have approximately 4 cups total. Put fruit and sweet potato into a microwaveable bowl and microwave on high approximately 8 minutes or until everything is soft and tender.
- 3 Transfer contents to the bowl of a food processor fitted with the chopping blade. Add maple syrup and pumpkin pie spice and puree the mixture until completely smooth.
- 4 Pour mixture onto the Silpat and using a regular or offset spatula, spread mixture out to the edges until evenly thin and smooth.
- 5 Bake on a middle oven rack for 4-5 hours, until fruit leather is firm to the touch and pulls away from the baking mat easily. Let cool completely, and cut into even strips. Store extra strips rolled up in an airtight bag or container.

INGREDIENTS

- 1 medium to large sweet potato
- 1 medium ripe pear
- 1 medium sweet apple (Gala or Honeycrisp)
- 2 teaspoons maple syrup
- ½ teaspoon pumpkin pie spice
- Pinch of salt

PREP TIME 20 MINS	COOK TIME 4-5 HOURS
YIELDS 10 PIECES	

NUTRITION

Nutrition per serving: 34 calories; 0g total fat; 66mg sodium; 9g carbohydrates; 1g fiber; 0g protein



SWEET POTATO CHEESECAKE BROWNIES



- 1 Preheat oven to 350°F. Spray a 9x9-inch square spring form pan with floured baking spray.
- 2 To prepare brownie layer, stir brownie mix, sweet potato, oil, water and egg in a medium bowl until blended. Spread batter over bottom of prepared pan.
- 3 To prepare cheesecake layer, beat cream cheese with an electric mixer until smooth. Add mashed sweet potato, sugar, egg and vanilla; mix until well blended. Spread cheese mixture over brownie batter.
- 4 Bake for 50 to 60 minutes or until a wooden pick inserted comes out almost clean. Remove from oven and allow to cool 15 minutes. Sprinkle top with chocolate chips. Allow to cool completely. Remove from pan and serve.

INGREDIENTS

Brownie Layer

- 1 package (18.2 ounces) dark chocolate fudge brownie mix
- $\frac{3}{4}$ cup mashed sweet potato, cooled
- $\frac{1}{4}$ cup vegetable oil
- $\frac{1}{4}$ cup water
- 1 egg

Cheesecake Layer

- 1 package (8 ounces) reduced-fat cream cheese
- $\frac{3}{4}$ cup mashed sweet potato, cooled
- $\frac{1}{2}$ cup granulated sugar
- 1 egg
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ cup miniature chocolate chips

PREP TIME 25 MINS	COOK TIME 50-60 MINS
YIELDS 16	

NUTRITION

Nutrition per serving: 254 calories; 8g total fat; 196mg sodium; 41g carbohydrates; 1g fiber; 4g protein

