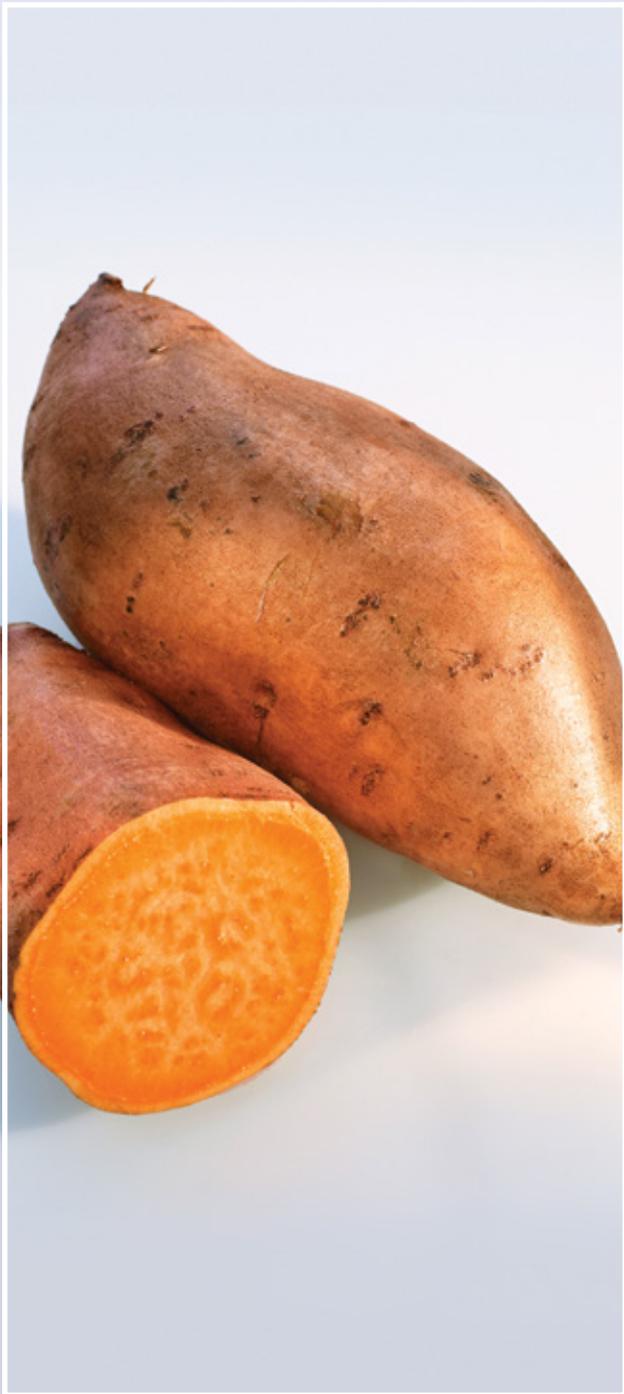


A top-down photograph of several sweet potatoes on a wooden cutting board. One potato is sliced in half, revealing its bright orange interior. A knife with a black handle and a silver blade is positioned on the right side of the board. The background is a light-colored, textured surface.

NORTH CAROLINA  
**SWEET POTATOES**  
NATURALLY HEALTHY

**Recipes**



Today, North Carolina sweetpotatoes are used in cuisines all over the world as a satisfying and versatile vegetable with a well-earned reputation for nutrition. Many people are surprised to find the calories in sweetpotatoes are surprisingly low: A medium sweetpotato is about 100 calories when baked in the skin, making sweetpotatoes a healthy part of a balanced diet.

This book is chock full of nutritious and delicious recipes from the North Carolina Sweetpotato Commission. We hope you'll enjoy and share with your friends and family!



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# Kale and Sweetpotato Baked Mac n Cheese Casserole

Created by: *Sarah Schlichter, MPH, RDN*

## Ingredients

- 2 tablespoon olive oil, divided
- 2 medium sweetpotatoes, cooked and mashed (about 2 cups)
- 6 cups whole wheat pasta (we used rotini)
- 2 cups chopped kale, stems removed
- 1 teaspoon paprika
- ¼ teaspoon salt
- 3 tablespoons chopped parsley
- 2 cloves minced garlic
- ½ teaspoon black pepper
- 1 tablespoon Italian seasoning
- 3 eggs
- ¼ cup low fat milk
- 1¼ cups shredded mozzarella (or cheese of choice), and a handful more for topping

## Instructions

1. Preheat oven to 375°F.
2. Coat the inside of a large casserole dish with olive oil or butter.
3. Prepare pasta according to package directions (but keep al dente).
4. While pasta is cooking, saute kale in olive oil with spices for 2–3 minutes, or until slightly wilted.
5. Drain cooked pasta and let cool for 5 minutes.
6. Once cooled, add pasta, mashed sweet potatoes, spices and kale to medium bowl and stir to combine.
7. In a small bowl, whisk together eggs, milk and cheese, and add to pasta and sweet potato mixture.
8. Mix well and pour into large casserole dish, reserving extra cheese to sprinkle on top.
9. Bake for 30–35 minutes, or until cheese has melted and top begins to brown.

*Remember not to overcook the pasta since it will further cook during baking.*

**Serves: 4–6**

# BBQ Apple Turkey Sliders

Created by: *Sarah Schlichter, MPH, RDN*

## Ingredients

- 2 gala apples
- ⅓ teaspoon ground ginger
- ¼ teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ⅓ teaspoon black pepper
- 2 medium sweetpotatoes, cooked and mashed
- 1 pound ground turkey
- 2 tablespoons olive oil
- 6 whole wheat buns
- 6 slices cheddar cheese
- Dash of sea salt
- ¼ cup barbecue sauce

## Instructions

1. Preheat oven to 350°F.
2. Cut 1 apple in half.
3. Grate apple into medium sized bowl. Add spices, mashed sweetpotatoes and ground turkey.
4. Shape mixture into 5–6 medium size patties.
5. Heat olive oil in large skillet over medium high heat.
6. Add burgers to pan and cook through, about 4–5 minutes per side.
7. While burgers are cooking, toast bun about 3–5 minutes in oven (optional).
8. Cut remaining apple into slices to top turkey burger (optional).
9. Top with barbecue sauce and sliced cheese.

**Serves: 6**

# Roasted Sweetpotato Stackers

Created by: *Tessa Nguyen, RD, LDN*

## Ingredients

4 large sweetpotatoes, washed and sliced thinly (skin left on)

¼ cup olive oil

1 tablespoon fresh thyme leaves

½ teaspoon salt

½ teaspoon black pepper

1 cup plain Greek yogurt

¼ cup parsley, chopped

1 lemon, zest and juice

2 garlic cloves, minced

Additional salt and black pepper, to taste

## Instructions

1. Preheat oven to 425°F.
2. In a large mixing bowl, mix together sweetpotato slices, olive oil, thyme, salt and black pepper. Make sure each sweetpotato slice is coated well with the spices and oil.
3. In a 12-cupcake tin, stack enough sweetpotato slices to fill each muffin cup to the top.
4. Bake sweetpotato stacks in a 425°F oven for 45 minutes until potatoes are crispy, but well cooked. Rotate the pan halfway through cooking to ensure even baking.
5. While the sweetpotatoes are baking, mix together the Greek yogurt, parsley, lemon juice and zest and minced garlic. Season with salt and black pepper to your liking.
6. Serve each warm roasted sweetpotato stacker with a dollop of the herb yogurt sauce.

*You can substitute 1 teaspoon of dried thyme for the 1 tablespoon of fresh thyme.*

*You can substitute ½ teaspoon of granulated garlic for the 2 fresh garlic cloves.*

*You can use whole fat, 2% or nonfat Greek yogurt.*

*You can easily make this dish vegan by opting for a plant-based plain yogurt.*

**Serves: 12**

# Sweetpotato Cheesecake Brownies

Created by: *RD Recipe Contest Winner*

## Ingredients

### Brownie Layer:

- 1 package (18.2 ounces) dark chocolate fudge brownie mix
- $\frac{3}{4}$  cup mashed sweetpotato, 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 sweetpotato, cooled
- $\frac{1}{2}$  cup granulated sugar
- 1 egg
- 1 teaspoon vanilla extract
- $\frac{1}{4}$  cup miniature chocolate chips

## Instructions

1. Preheat oven to 350°F. Spray a 9-by-9-inch square pan with floured baking spray.
2. To prepare brownie layer, stir brownie mix, sweetpotato, 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 sweetpotato, sugar, egg and vanilla; mix until well blended. Spread cheese mixture over brownie batter.
4. Bake for 50–60 minutes or until a wooden pick inserted comes out almost clean. Remove from oven and allow to cool 15 minutes. Sprinkle surface with chocolate chips. Allow to cool completely. Remove from pan and serve.

**Serves: 13**

# Sweetpotato Energy Cookies

Created by: *Sarah Schlichter, MPH, RDN*

## Ingredients

- 1¼ cups all-purpose flour
- 1 cup rolled oats
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon allspice
- ½ cup unsalted butter, softened
- ½ cup packed light brown sugar
- ⅔ cup granulated sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup mashed sweetpotatoes
- ¾ cup semi-sweet chocolate chips

## Instructions

1. Preheat oven to 350°F.
2. In medium size mixing bowl, whisk together dry ingredients (flour, oats, baking soda, spices).
3. In separate mixing bowl, whip butter and sugars using an electric mixer. Add in egg, vanilla extract and mashed sweetpotato.
4. Add dry ingredients to wet and mix until combined, adding in chocolate chips last. Batter will be wet. Let it sit for 5–10 minutes to firm up.
5. Scoop out dough in 1½–2 inch scoops and arrange on baking sheets.
6. Bake for 14–16 minutes. Allow cookies to slightly cool before serving.

**Serves: 24–28**

# Sweetpotato Dream Slush

Created by: *Tessa Nguyen, RD, LDN*

## Ingredients

- ½ cup sweetpotatoes, mashed
- 1 large navel orange, juiced
- ¼ teaspoon orange zest
- ¼ teaspoon pure vanilla extract
- ½ cup milk
- 1–2 cups ice

## Instructions

1. Place all ingredients in a blender and blend until smooth and creamy. Add more ice if thicker consistency is desired.
2. Serve in a mug and garnish with a slice of orange before enjoying cold.

*You can use whole fat, 2% or nonfat milk.*

*You can easily make this dish vegan by opting for a plant-based milk alternative.*

**Serves: 1**



The North Carolina SweetPotato Commission Inc. is a nonprofit corporation made up of over 400 sweetpotato growers along with the packers, processors and business associates that support them. The sole purpose of the commission is to increase sweetpotato consumption through education, promotional activities, research and honorable horticultural practices among its producers. Thanks to the six sweetpotato farmers that chartered the commission in 1961, the commission has supported its growers and maintained North Carolina as the No. 1 sweetpotato-producing state in the United States since 1971.



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