



Newsletter November, 2015

Food Stamp Nutrition Education Program

TEXAS A&M AGRILIFE EXTENSION

Texas A&M AgriLife Extension Service, Texas Department of Human Services, and USDA Food & Nutrition Services Cooperating

Sherril Halsell, CEA, FCS, Clay County, Texas A&M AgriLife Extension Service, 210 W. Ikard, Suite B., Henrietta, Texas 76365  
940/538-5042 \* 940/538-5052 \* FAX 940/538-5653 \* [shalsell@ag.tamu.edu](mailto:shalsell@ag.tamu.edu)

\*\*\*\*\*

## Simply Good Food Sweet Potatoes

When buying sweet potatoes you need to look for well-shaped firm sweet potatoes with smooth, bright uniformly colored skins, free from signs of decay. Because they are more perishable than Irish potatoes, extra care should be used in selecting sweet potatoes.

Avoid sweet potatoes with worm holes, cuts, grub injury, or any other defects which penetrate the skin. This causes waste and can readily lead to decay. Even when the decayed portion is cut away, the remainder of the potato flesh which looks normal may have a bad taste.



### Sweet Potato Biscuits

**Ingredients:**

- 1 9-oz. can sweet potatoes, drained
- 2 tablespoons milk
- 1 teaspoon sugar
- Dash of nutmeg
- 3/4 cup buttermilk baking mix

**Directions:**

Preheat oven to 450° F. Place sweet potato, milk, sugar and nutmeg in small bowl of electric mixer or blender. Beat rapidly or blend smooth. Add baking mix to sweet potatoes. Blend with fork until smooth.

Turn out on floured surface, knead 8 or 10 times, then pat into 1/2" thickness. Cut with floured round cutter. Bake on ungreased cookie sheet 12 minutes or until puffed and golden brown.

**Nutritional information:** Calories 101.79; protein 2.10g; carbohydrates 17.60g; dietary fiber 1.06g; fat 2.59g; saturated fat 0.69g; cholesterol 0.41 mg; sodium 195.16mg.

### Maple Whipped Sweet Potatoes

**Ingredients:**

- 2 large sweet potatoes (about 1 lb. total)
- 1 tablespoon dairy non-fat sour cream
- 1 tablespoon maple syrup
- 2 teaspoons butter
- Salt and freshly ground black pepper to taste

**Directions:**

Scrub sweet potatoes thoroughly with a brush; pat dry. Prick potatoes with a fork. Bake in a 425° F oven for 40-60 minutes or until tender. Remove potatoes from oven.



When cool enough to handle, cut each potato in half and scoop the pulp into a bowl. Add the non-fat sour cream, maple syrup and butter. Mash potato mixture with a potato masher or beat with an electric mixer on low speed until light and fluffy; season with salt and pepper to taste. Serve immediately or spoon into a covered 1-quart casserole dish; place in a 300° F oven to keep warm. Or, for make-ahead. Spoon mashed potato mixture into a covered 1-quart casserole. Refrigerate overnight. Place mixture in 400° F. oven for 20 minutes or until heated through. Makes 2 servings

**Nutritional information:** Calories 185.05; protein 2.44g; carbohydrates 35.70g; dietary fiber 3.07g; fat 3.98g; saturated fat 2.43g; cholesterol 10.36mg; sodium 53.14mg.

## Cottage Fried Sweets



### Ingredients:

3 slices bacon, cut in ½ inch pieces  
¾ cup chopped onion  
2 ½ cups diced, canned sweet potatoes or 1 ½ lb. sweet potatoes, cooked and diced  
1 teaspoon salt  
½ teaspoon sugar

### Directions:

Cook bacon and onion until tender; add sweet potatoes, salt and sugar. Cook uncovered over medium heat until potatoes are crispy on bottom; turn over and cook on other side. Serves 4.

***Source:** Supporting State Extension Goal: Health, Safety and Well Being, prepared by: Arla G. Felts, CEA-FCS, Hale County Extension Service; and modified by Sherri Halsell, County Extension Agent, FCS, Clay County.*

If you would like to contact me please do so at my office at 210 W. Ikard, Suite B, Henrietta (next to the post office) or call 940/538-5042, 538-5052, or email [swhalsell@ag.tamu.edu](mailto:swhalsell@ag.tamu.edu).

*Sherri Halsell*

Sherri Halsell, County Extension Agent, Family & Consumer Sciences, Clay County

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. To find out more, contact the Clay County Office of Texas A&M AgriLife Extension Service at 940/538-5042 or 538-5052.