



Quick Bites — Sweet Potatoes

Spread holiday cheer this year with our sweet potato casserole. Sweet potatoes are full of vitamins, minerals and cancer-fighting phytochemicals like beta-carotene. Steaming them keeps in the moisture, so you don't have to use butter or cream. Placing apples on top instead of marshmallows gives a sweet touch and adds cancer-fighting quercetin.

- From AICR Health Talk - www.aicr.org



Whipped Sweet Potatoes with Apples

Ingredients:

3½ pounds sweet potatoes (about 6 medium sized potatoes)
 2 Tbsp. pure, dark maple syrup, or to taste
 1 Tbsp. canola oil
 Nonstick cooking spray
 1 Golden Delicious apple
 Salt and freshly ground pepper
 2 tsp. unsalted butter
 Nutmeg for garnish

Directions:

1. Peel and cut the sweet potatoes into 2-inch cubes. Steam them in a steamer basket, or in a pot with 1/4 cup of water, cover and steam for 10-15 minutes or until the cubes are tender. You can also steam them in the microwave.
2. Place the sweet potatoes in a large bowl.
3. Add the canola oil and maple syrup to the hot sweet potatoes and mash with a fork or a masher until smooth. Season to taste with salt and pepper. Spray a 9-inch square baking pan with cooking spray. Spread the sweet potatoes into the prepared dish, making an even layer.
4. Melt the 2 teaspoons of butter in the microwave. Peel, halve and core the apple. Place each half, cut-side down, on a cutting board and cut it crosswise into thin slices. Arrange the slices in overlapping rows to cover the sweet potatoes. Brush the apples lightly with the melted butter.
5. Bake uncovered at 400 degrees until the sweet potatoes are heated through and the apple slices have softened, about 25 to 30 minutes. Serve warm or at room temperature with nutmeg sprinkled on top.

Did You Know?

It's best to eat a little healthy fat – such as olive or canola oil – with your beta-carotene foods because this vitamin is fat-soluble.

For more information:
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