



# EatingWell Healthy Sweet Potato Recipes

Sweet Potato & Red Pepper Pasta .....	2
Roast Chicken & Sweet Potatoes.....	3
Two-Toned Mashed Potatoes .....	4
Chile-Garlic Roasted Sweet Potatoes.....	5
Sweet Potato Fritters with Smoky Pinto Beans .....	6
Sweet Potato & Black Bean Chili.....	7
Meringue-Topped Sweet Potato Casserole ....	8
Sweet Potato Pie with Cream Cheese Swirl....	9



## Sweet Potato & Red Pepper Pasta

**Makes:** 4 servings, about 1¾ cups each

**Active time:** 30 minutes **Total:** 30 minutes

☒ Heart Health ☐ Diabetes ☒ Weight Loss ☐ Gluten Free

Here's a way to use the "power vegetables" sweet potato and red bell pepper in a satisfying vegetarian pasta dish full of fresh herbs and creamy goat cheese. Any fresh herbs you have on hand, like basil, oregano, sorrel or chives, can be substituted for the tarragon. Serve with a garden salad.

- 8 ounces whole-wheat angel hair pasta**
- 2 tablespoons extra-virgin olive oil, divided**
- 4 cloves garlic, minced**
- 3 cups shredded, peeled sweet potato (about 1 medium)**
- 1 large red bell pepper, thinly sliced**
- 1 cup diced plum tomatoes**
- ½ cup water**
- 2 tablespoons chopped fresh parsley**
- 1 tablespoon chopped fresh tarragon**
- 1 tablespoon white-wine vinegar or lemon juice**
- ¾ teaspoon salt**
- ½ cup crumbled goat cheese**

**1.** Bring a large pot of water to a boil. Cook pasta until just tender, 4 to 5 minutes or according to package directions.

**2.** Meanwhile, place 1 tablespoon oil and garlic in a large skillet. Cook over medium heat, stirring occasionally, until the garlic is sizzling and fragrant, 2 to 5 minutes. Add sweet potato, bell pepper, tomatoes and water and cook, stirring occasionally, until the bell pepper is tender-crisp, 5 to 7 minutes. Remove from the heat; cover and keep warm.

**3.** Drain the pasta, reserving ½ cup of the cooking water. Return the pasta to the pot. Add the vegetable mixture, the remaining 1 tablespoon oil, parsley, tarragon, vinegar (or lemon juice), salt and cheese; toss to combine. Add the reserved pasta water, 2 tablespoons at a time, to achieve the desired consistency.

**Per serving:** 402 calories; 12 g fat (3 g sat, 6 g mono); 7 mg cholesterol; 62 g carbohydrate; 0 g added sugars; 12 g protein; 9 g fiber; 546 mg sodium; 738 mg potassium.

**Nutrition bonus:** Vitamin C (140% daily value), Vitamin A (120% dv), Potassium (21% dv), Iron (15% dv).



## Roast Chicken & Sweet Potatoes

**Makes:** 4 servings

**Active time:** 15 minutes **Total:** 45 minutes

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Caramelized sweet potatoes and red onion are the bed for chicken thighs that cook up fast in a very hot oven—perfect for a quick healthy chicken dinner. Serve with a salad of mixed greens, apples and blue cheese.

- 2 tablespoons whole-grain or Dijon mustard
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried
- 2 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1½-2 pounds bone-in chicken thighs, skin removed
- 2 medium sweet potatoes, peeled and cut into 1-inch pieces
- 1 large red onion, cut into 1-inch wedges

1. Position rack in lower third of oven; pre-heat to 450°F. Place a large rimmed baking sheet in the oven to preheat.

2. Combine mustard, thyme, 1 tablespoon oil and ¼ teaspoon each salt and pepper in a small bowl; spread the mixture evenly on chicken.

3. Toss sweet potatoes and onion in a bowl with the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.

4. Return the pan to the oven and roast, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and an instant-read thermometer inserted into a chicken thigh registers 165°F, 30 to 35 minutes.

**Per serving:** 408 calories; 17 g fat (4 g sat, 9 g mono); 86 mg cholesterol; 34 g carbohydrate; 0 g added sugars; 27 g protein; 5 g fiber; 554 mg sodium; 636 mg potassium.

**Nutrition bonus:** Vitamin A (449% daily value), Vitamin C (44% dv), Zinc (20% dv), Potassium (19% dv), Iron (16% dv).

**Carbohydrate servings:** 2

**Exchanges:** 1½ starch, 1½ vegetable, 4½ lean meat, 1½ fat





## Two-Toned Mashed Potatoes

**Makes:** 12 servings, ½ cup each

**Active time:** 20 minutes **Total:** 35 minutes

**To make ahead:** Prepare sauce (Step 2) and vegetables (Steps 1 & 3), cover and refrigerate separately for up to 1 day. Reheat vegetables, covered, in the microwave or a double boiler before continuing with Step 4.

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In this recipe, Yukon Gold potatoes and sweet potatoes are roughly mashed together with leeks for a beautiful mottled white-and-orange take on mashed potatoes. The crème fraîche topping offers a tangy counterpoint.

- 1 tablespoon buttermilk plus ⅔ cup, divided
- 2 tablespoons crème fraîche or sour cream
- ½ teaspoon onion powder or granulated onion
- Pinch of salt plus ¾ teaspoon, divided
- 1½ pounds Yukon Gold potatoes, cut into 1-inch chunks
- 1½ pounds sweet potatoes, peeled and cut into 1-inch chunks
- 1 small leek, halved lengthwise and thinly sliced, white and light green parts only
- 2 tablespoons butter, cut into 4 pieces
- ¼ teaspoon freshly ground pepper
- 2 tablespoons minced fresh chives

1. Bring a large pot of water to a boil.
2. Combine 1 tablespoon buttermilk, crème fraîche (or sour cream), onion powder (or granulated onion) and pinch of salt. Cover and refrigerate while you cook the vegetables.
3. Add potatoes, sweet potatoes and leek to the boiling water and return to a boil. Reduce heat to maintain a vigorous simmer and cook until tender enough to pierce with a knife, 12 to 15 minutes. Drain and return the vegetables to the pan (off the heat).
4. Add the remaining ⅔ cup buttermilk, the remaining ¾ teaspoon salt, butter and pepper to the pan; coarsely mash with a potato masher. Serve topped with the sauce and chives.

**Per serving:** 117 calories; 3 g fat (1 g sat, 1 g mono); 6 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 2 g protein; 2 g fiber; 190 mg sodium; 318 mg potassium.

**Nutrition bonus:** Vitamin A (142% daily value), Vitamin C (18% dv).

**Carbohydrate servings:** 1½

**Exchanges:** 1 starch, ½ fat



## Chile-Garlic Roasted Sweet Potatoes

**Makes:** 4 servings, about ¾ cup each

**Active time:** 10 minutes **Total:** 30 minutes

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Give ordinary roasted sweet potatoes a big flavor boost with this quick, Asian-inspired seasoning mix.

- 4 teaspoons extra-virgin olive oil or canola oil
- 1 tablespoon chile-garlic sauce (see *Tip*)
- 1 tablespoon reduced-sodium soy sauce
- ⅛ teaspoon ground white pepper
- 1½ pounds sweet potatoes, scrubbed (and peeled, if desired), cut into 1-inch wedges or pieces

1. Position rack in lower third of oven; pre-heat to 450°F.

2. Combine oil, chile-garlic sauce, soy sauce and white pepper in a large bowl. Add sweet potatoes; toss to coat with the seasoning mixture.

3. Spread the sweet potatoes evenly on a rimmed baking sheet.

4. Roast, stirring once or twice, until the sweet potatoes are tender and browned, 20 to 25 minutes.

**Per serving:** 177 calories; 5 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 31 g carbohydrate; 0 g added sugars; 3 g protein; 5 g fiber; 348 mg sodium; 586 mg potassium.

**Nutrition bonus:** Vitamin A (160% daily value), Vitamin C (40% dv), Potassium (17% dv).

**Tip:** Chile-garlic sauce (also labeled chili-garlic sauce, or paste) is a blend of ground chiles, garlic and vinegar. It can be found in the Asian section of large supermarkets and will keep for up to 1 year in the refrigerator.





## Sweet Potato Fritters with Smoky Pinto Beans

**Makes:** 4 servings, 2 fritters & ½ cup beans each

**Active time:** 35 minutes **Total:** 45 minutes

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These easy sweet potato fritters have a crispy crust and a tender middle. The beans are flavored with smoked paprika, but sweet or hot would work well too. To give it a Mexican-inspired twist, use chili powder as the spice instead of the paprika.

- 1 large sweet potato (about 1 pound)**
- 3 tablespoons canola oil, divided**
- 1 medium onion, chopped**
- 2 large poblano peppers or small green bell peppers, chopped**
- 1 15-ounce can pinto beans, rinsed**
- 1¼ teaspoons smoked paprika (see *Tip*), divided**
- ¾ teaspoon salt, divided**
- ¾ cup fine yellow cornmeal**
- ¼ cup all-purpose flour**
- ¾ teaspoon baking powder**
- 1 large egg, lightly beaten**
- ¼ cup water**
- 4 lime wedges for garnish**

**1.** Preheat oven to 425°F. Coat a baking sheet with cooking spray.

**2.** Prick sweet potato in several places with a fork. Microwave on High until just cooked through, 7 to 10 minutes. (*Alternatively, place in a baking dish and bake at 425°F until tender all the way to the center, about 1 hour.*) Set aside to cool.

**3.** Meanwhile, heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and peppers and cook, stirring occasionally, until softened, 4 to 6 minutes. Set aside ½ cup of the mixture. Add beans, ½ teaspoon paprika and ¼ teaspoon salt to the pan. Cook, stirring occasionally, until heated through, about 2 minutes. Cover and set aside.

**4.** Whisk cornmeal, flour, baking powder, the remaining ¾ teaspoon paprika and ½ teaspoon salt in a medium bowl. Peel the sweet potato and mash in a large bowl with a fork. Stir in the reserved onion-pepper mixture, egg and water. Add the cornmeal mixture and stir until just combined.

**5.** Form the sweet potato mixture into eight 3-inch oval fritters, using a generous ¼ cup for each. Heat 1 tablespoon oil in a large non-stick skillet over medium heat. Cook 4 fritters until golden brown, 1 to 2 minutes per side. Transfer to the prepared baking sheet. Repeat with the remaining fritters and oil.

**6.** Bake the fritters until puffed and firm to the touch, 8 to 10 minutes. Serve the fritters with the reserved bean mixture and lime wedges, if desired.

**Per serving:** 380 calories; 14 g fat (1 g sat, 7 g mono); 53 mg cholesterol; 57 g carbohydrate; 0 g added sugars; 10 g protein; 10 g fiber; 664 mg sodium; 780 mg potassium.

**Nutrition bonus:** Vitamin A (279% daily value), Vitamin C (110% dv), Folate (23% dv), Potassium (22% dv).

**Tip:** Look for smoked paprika in large supermarkets with other spices and online.



## Sweet Potato & Black Bean Chili

**Makes:** 4 servings, about 2 cups each

**Active time:** 25 minutes **Total:** 40 minutes

**To make ahead:** Cover and refrigerate for up to 3 days or freeze for up to 3 months.

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Make a double batch of this quick vegetarian chili, full of black beans and sweet potatoes, and eat it for lunch the next day or freeze the extras for another night. We love the smoky heat from the ground chipotle, but omit it if you prefer a mild chili. Serve with tortilla chips or cornbread and coleslaw.

- 1 **tablespoon plus 2 teaspoons extra-virgin olive oil**
- 1 **medium-large sweet potato, peeled and diced**
- 1 **large onion, diced**
- 4 **cloves garlic, minced**
- 2 **tablespoons chili powder**
- 4 **teaspoons ground cumin**
- ½ **teaspoon ground chipotle chile (see Tip)**
- ¼ **teaspoon salt**
- 2½ **cups water**
- 2 **15-ounce cans black beans, rinsed**
- 1 **14-ounce can diced tomatoes**
- 4 **teaspoons lime juice**
- ½ **cup chopped fresh cilantro**

1. Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.

2. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

**Per serving:** 307 calories; 8 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 51 g carbohydrate; 0 g added sugars; 12 g protein; 14 g fiber; 494 mg sodium; 947 mg potassium.

**Nutrition bonus:** Vitamin A (213% daily value), Vitamin C (48% dv), Iron (32% dv), Folate (29% dv), Potassium (27% dv), Calcium (16% dv).

**Carbohydrate servings:** 2½

**Exchanges:** 3 starch, 1 vegetable, 1 lean meat

**Tip:** Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle chile pepper can be found in the spice section of most supermarkets or online.





## Meringue-Topped Sweet Potato Casserole

**Makes:** 10 servings, about ½ cup each

**Active time:** 30 minutes **Total:** 1¼ hours

**To make ahead:** Prepare through Step 4; cool, cover and refrigerate for up to 2 days. Reheat, covered, in the microwave on High, before finishing with Steps 5-6.

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This lightened-up take on the classic Thanksgiving sweet potato casserole is spiked with crushed pineapple and toasted pecans. We top it with an airy, slightly sweet meringue.

### Sweet Potato Casserole

**2½ pounds sweet potatoes (about 3 medium), peeled and cut into 2-inch chunks**

**2 large eggs**

**2 tablespoons brown sugar**

**¼ teaspoon ground cinnamon**

**1 tablespoon canola oil**

**1 cup low-fat evaporated milk**

**1 teaspoon vanilla extract**

**½ teaspoon salt**

**1 8-ounce can crushed pineapple, undrained**

**½ cup chopped pecans, toasted (see *Tips*)**

### Meringue Topping

**4 teaspoons dried egg whites (see *Tips*), reconstituted according to package directions, or 2 large pasteurized egg whites, at room temperature**

**¼ cup granulated sugar**

1. Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat to a simmer and cook until tender, 10 to 15 minutes. Drain well and transfer to a food processor. Process until smooth.

2. Preheat oven to 350°F. Coat an 8-inch-square (or similar 2-quart) broiler-safe baking dish (see *Tips*) with cooking spray.

3. Whisk whole eggs, brown sugar, cinnamon, oil, evaporated milk, vanilla and salt in a large bowl until smooth. Add the sweet potato; whisk until smooth. Stir in pineapple

and its juice. Spread the mixture in the prepared baking dish. Sprinkle with pecans.

4. Bake the casserole until heated through and the edges are bubbling, 35 to 45 minutes. Set aside while you make the topping.

5. To prepare meringue topping: Position rack in top third of oven; preheat broiler. Beat egg whites in a medium bowl with an electric mixer at high speed until soft peaks form (see *Tips*). Beat in granulated sugar in a slow, steady stream. Continue beating until stiff peaks form.

6. Spoon the meringue into a gallon-size sealable bag. Seal the bag, pressing out as much air as possible. Cut a ½-inch hole in one corner. Pipe the meringue onto the casserole, making marshmallow-size dots. (Alternatively, use a pastry bag fitted with a ½-inch tip or spread the meringue over the casserole as if you were frosting a cake.) Broil until lightly browned, watching carefully to prevent burning, 30 to 90 seconds.

**Per serving:** 196 calories; 7 g fat (1 g sat, 3 g mono); 46 mg cholesterol; 29 g carbohydrate; 10 g added sugars; 5 g protein; 3 g fiber; 194 mg sodium; 361 mg potassium.

**Nutrition bonus:** Vitamin A (281% daily value), Vitamin C (23% dv).

### Tips:

**To toast chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes**

**Pasteurized dried egg whites are a wise choice in recipes that call for uncooked egg whites. Look for brands like Just Whites in the baking section of the store.**

**A broiler-safe baking dish is one made of metal or earthenware. Glass baking dishes, such as Pyrex, may shatter under the broiler.**

**To make soft peaks, beat egg whites with an electric hand mixer until they are stiff, but still soft enough to curl over when beaters are turned upside down.**



## Sweet Potato Pie with Cream Cheese Swirl

**Makes:** 10 servings

**Active time:** 30 minutes **Total:** 4½ hours

**To make ahead:** Loosely cover and refrigerate for up to 1 day. Let stand at room temperature for 30 minutes before serving; blot any moisture on the top as needed.

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This creamy sweet potato pie recipe is seasoned like a pumpkin pie with plenty of cinnamon and nutmeg and gets nice ginger flavor from the gingersnap crust. For the best results, roast sweet potatoes in the oven; in a pinch, microwave them instead.

- 2 medium-large sweet potatoes
- 6 ounces crisp gingersnap cookies (26-28 small cookies)
- 2 tablespoons canola oil
- ¾ cup packed light brown sugar
- ¾ cup nonfat vanilla Greek yogurt, divided
- 2 large eggs
- 1 large egg yolk
- ¾ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ cup (2 ounces) reduced-fat cream cheese (Neufchâtel)
- 2 tablespoons confectioners' sugar
- ¼ teaspoon ground ginger

1. Preheat oven to 400°F.
2. Tightly wrap sweet potatoes in foil and place on a baking sheet. Roast until very tender, about 1¼ hours. Carefully unwrap and set aside to cool.
3. Reduce oven temperature to 350°.
4. Process gingersnaps in a food processor until finely ground. Transfer to a bowl, add oil and stir until well combined. Using a spoon, spread and pat the crumbs into the bottom and up the sides of a 9-inch pie pan. Bake until just barely beginning to darken, about 10 minutes.
5. Clean and dry the food processor workbowl. Peel the sweet potatoes and transfer to the food processor. Puree until smooth. Measure out 1½ cups (if you have extra puree, reserve it for another use). Return the 1½ cups puree to the food processor. Add brown sugar, ½ cup yogurt, eggs, egg yolk, cinnamon and nutmeg; pulse just until combined. Spread the sweet potato filling in the warm crust.
6. Clean and dry the workbowl again. Add the remaining ¼ cup yogurt, cream cheese, confectioners' sugar and ginger; puree until smooth, stopping to scrape down the sides once or twice. Dollop tablespoonfuls of the cream cheese mixture onto the filling, spacing them evenly. Draw the tip of a wooden skewer or a thin knife through the cream cheese mixture and sweet potato filling repeatedly to create a swirled design.
7. Bake the pie until firm to the touch and starting to puff around the edges, 45 to 50 minutes. Let cool completely on a wire rack, at least 2 hours.

**Per serving:** 242 calories; 7 g fat (2 g sat, 4 g mono); 60 mg cholesterol; 40 g carbohydrate; 22 g added sugars; 5 g protein; 2 g fiber; 153 mg sodium; 270 mg potassium.

**Nutrition bonus:** Vitamin A (135% daily value).



# About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, [www.EatingWell.com](http://www.EatingWell.com), EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

## About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)