



# Home On The Range



## Sweet Potatoes Spud Great Taste

Sweet potatoes are one of nature's most nearly complete foods! An average-sized sweet potato baked in the skins provides an excellent source of Vitamin A providing 500 percent of the dairy recommended amount and 47 percent of Vitamin C. It is low in sodium with 12 mg per potato and 118 calories.

Some people like potatoes plain but many like sweeten them up a bit. Many people, such as Dave Dennis, find that almost any pumpkin recipe may be used by substituting sweet potatoes in place of pumpkin. Dennis wrote, "It's the spices that flavor the pumpkin, so it makes little difference whether it's pumpkin, squash, sweet potatoes, or even carrots."

Ivamae Love, East Waterford, agrees. She wrote that she made sweet potato pie and her family thought it was pumpkin pie. They thought it was so good that she plans to make it again without divulging that it is really sweet potato pie.

Try these recipes to find out how many ways sweet potatoes may be served and how great they taste.

### SWEET POTATO CASSEROLE

Sweet potatoes  
 $\frac{1}{4}$  to  $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  cup crushed pineapple and juices  
 $\frac{1}{2}$  stick butter  
 $\frac{1}{4}$  teaspoon pumpkin pie spice  
 5 to 6 slices cooked bacon, crumbled  
 Small jar cherries

The ingredients vary as to how many potatoes you will be using and how many guests you are serving.

Bake sweet potatoes in oven or microwave until soft. Peel and slice and put into buttered oven-safe dish.

Simmer pineapple and juices, brown sugar, butter bacon essence and pumpkin pie spice.

Pour above over sliced sweet potatoes. Top with crumbled bacon and cherries.

Bake 30 minutes at 350 degrees. This dish may be baked or warmed in microwave.

Sue Pardo  
 Jarrettsville, Md.

### PRUETT'S SWEET POTATO CASSEROLE

29-ounce can sweet potatoes, drained, mashed  
 $\frac{1}{2}$  cup butter, melted  
 1 teaspoon vanilla  
 1 cup granulated sugar  
 2 eggs  
 1 tablespoon cinnamon  
 $\frac{1}{2}$  cup coconut  
 1 cup mini marshmallows  
 $\frac{1}{2}$  cup chopped pecans

Mix sweet potatoes, butter, vanilla, sugar, eggs, and cinnamon thoroughly. Fold in coconut, marshmallows, and pecans. Transfer to deep casserole dish. Bake at 350 degrees for 20 minutes. Remove and top with the following:

Topping:  
 $\frac{1}{2}$  cup brown sugar  
 3 tablespoons melted butter  
 Mini marshmallows to cover top of casserole

$\frac{1}{4}$  cup shredded coconut  
 $\frac{1}{4}$  cup chopped pecans  
 Sprinkle brown sugar and butter over top. Cover with mini marshmallows, coconut, and nuts. Return to oven until lightly browned.

"Talk about good — this is outstanding. Love it, love it," writes contributor.

B.J. Light  
 Lebanon

### SWEET POTATO COOKIES

1 pound butter  
 $1\frac{1}{2}$  cups sugar  
 4 eggs  
 2 cups mashed sweet potatoes  
 2 teaspoons baking soda  
 2 teaspoons vanilla  
 $\frac{1}{2}$  teaspoon salt

Cream butter and sugar. Add one egg at a time. Mix and add remaining ingredients. Drop on greased cookie sheet and bake for 12 to 15 minutes at 375 degrees. When cool, ice with orange icing.

Orange Icing:  
 1 pound confectioners' sugar, sifted  
 1 grated orange rind  
 $\frac{1}{2}$  cup orange juice  
 Mix together and ice cookies.

Mildren Brooks  
 Bridgeton, N.J.



Be creative in your use of sweet potatoes. Readers write that they find that almost any pumpkin recipe is interchangeable with sweet potatoes. Both are good sources of beta carotene.

### SWEET POTATO CASSEROLE

$\frac{1}{4}$  cup sugar  
 4 cups sweet potatoes, cooked and mashed  
 2 eggs, beaten  
 $\frac{1}{4}$  cup melted butter  
 $\frac{1}{2}$  cup canned milk  
 2 teaspoons vanilla  
 $\frac{1}{4}$  cup brown sugar  
 1 cup chopped nuts  
 $\frac{1}{2}$  cup flour  
 $\frac{1}{2}$  cup melted butter

Mix sugar, sweet potatoes, eggs, butter, milk, and vanilla. Place in a casserole dish. In another bowl, combine the remaining ingredients and mix well. Sprinkle on top of potatoes. Bake at 350 degrees for 45 minutes. Serves 6 to 8.

"Listen to the raves of those who don't like sweet potatoes!"  
 Yvonne Horst

### YAM PARFAIT

First layer:  
 1 cup flour  
 1 stick butter  
 1 cup chopped nuts  
 Mix together and press in bottom of 12x8x2 $\frac{1}{2}$ -inch pan. Bake in 350 degree oven for 20 minutes. Cool thoroughly.

Second layer:  
 8-ounces cream cheese, softened  
 1 cup confectioners' sugar  
 1 cup whipped topping  
 Whip together until light and fluffy. Spread over crust. Next layer the following ingredients:  
 2 cups yams, whipped, sweetened  
 12-ounce can crushed pineapple, sweetened and thickened  
 4-ounce package vanilla instant pudding (according to package directions)

Top with whipped topping. Garnish with nuts and cherries. Chill. Cut in 24 2x3-inch pieces.

### YAM CANDY

2 cups sugar  
 $\frac{1}{4}$  cup evaporated milk  
 $\frac{1}{4}$  cup butter  
 1 cup chopped pecans  
 $\frac{1}{4}$  cup cooked, mashed yams  
 $\frac{1}{2}$  teaspoon vanilla  
 3 tablespoons marshmallow cream

Bring sugar, milk, and butter to a boil for 2 to 3 minutes; add pecans and yams. Cook until it starts to sugar. Remove from heat; add vanilla and marshmallow cream. Beat until candy loses gloss. Pour into buttered dish. Cut into squares. Makes approximately 42 small pieces.

Arnaudville High School FHA

### EASY YAM COOKIES

3 sticks butter  
 3 cups sugar  
 3 eggs, beaten  
 6 cups flour  
 3 tablespoons baking powder  
 3 cups cooked yams  
 1 tablespoon vanilla  
 $1\frac{1}{2}$  teaspoon salt  
 Combine all ingredients. Mix well. Drop by teaspoonful on cookie sheet. Bake at 350 degrees until bottoms are golden brown. Makes about 210 cookies.

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## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

November 19- Thanksgiving Dinner

26- Using Leftovers

December 3- Holiday Baking

10- Holiday Gifts from the Kitchen

## Featured Recipe

When you buy sweet potatoes, choose firm, well-shaped potatoes with bright, clean, and smooth skin. Always keep sweet potatoes dry and never refrigerate except after cooking.

Sweet potatoes are one of the most nutritionally complete foods. One medium sweet potato provides almost twice the recommended daily allowance of vitamin A and more than one-third of the vitamin C needed in the daily diet. Sweet potatoes also contribute vitamin B6, iron, potassium, and fiber and are extremely high in producing beta carotene.

The following recipe is from the Louisiana Sweet Potato Commission. If you would like more sweet potato recipes, write to the Commission at Post Office Box 113, Opelousas, LA 70571-0113 or phone (318) 942-3689.

### SWEET POTATO MUFFINS

$\frac{3}{4}$  cup oat bran  
 $\frac{3}{4}$  cup whole wheat flour  
 $\frac{3}{4}$  cup sugar, granulated  
 $1\frac{1}{2}$  teaspoon cinnamon, ground  
 1 teaspoon baking powder  
 1 teaspoon baking soda  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  cup apples, skinless, finely chopped  
 1 cup baked, mashed or canned sweet potatoes  
 1 whole egg, large  
 2 egg whites, large  
 3 tablespoons canola oil  
 $\frac{3}{4}$  cup low-fat plain yogurt

Preheat oven to 350 degrees. In bowl, combine bran, flour, sugar, cinnamon, baking powder, baking soda, salt, and apples. Add sweet potatoes, egg, egg whites, oil, and yogurt. Stir all ingredients thoroughly. Spray muffin tins with vegetable cooking spray. Spoon  $\frac{1}{4}$  cup of batter per muffin.

Variation: Add 1 cup raisins. Yields approximately 20 muffins.