

SWEET POTATOES

4 WAYS!

Microwaved Sweet Potato

Pierce the potato (no need to peel) with a fork 4-5 times, which allows steam to escape. Place on a microwave-safe dish and heat on HIGH 6-8 minutes, or until soft (turn potato bottom side up halfway through cooking to ensure even heating).

Mashed Sweet Potato

Peel potatoes and cut into 1-inch/2.5 cm cubes. Rinse well in a colander. Transfer to a pot and add water until cubes are completely covered. On medium-high heat, bring the water to a boil, then cover, reduce heat and let potatoes simmer until tender, usually about 15-20 minutes. Drain the potatoes in a colander, return to pot and mash together with salt, pepper, and little butter or margarine.

Oven Roasted Sweet Potato

Pierce the potato (no need to peel) with a fork 4-5 times, which allows steam to escape. Place on a foil-lined baking sheet in a preheated oven to 400°F/200°C. Bake for 30 minutes or until flesh is tender.

Sweet Potato Hummus

Makes about 375 mL/1.5 cups

- 2 medium sweet potatoes
- 2 garlic cloves, peeled
- 15 mL (1 Tablespoon) olive oil
- 1 can (540 mL/19 oz.) can chickpeas, rinsed and drained
- 15 mL (1 Tablespoon) lemon juice

Peel potatoes and cut into 1-inch/2.5 cm cubes. Rinse well in a colander. Place on a foil-lined baking sheet with the garlic cloves and sprinkle with oil; stirring to coat. Bake for about 25-30 minutes at 400° F/200°C, until soft. Allow to cool before next steps.

Place sweet potatoes and garlic in a medium bowl (or use a food processor); mash together with the chickpeas and lemon juice; adding a little more olive oil if necessary to reach a smooth consistency.

Serve with fresh veggies, crackers or toasted pita bread. Store in a sealed container for up to 5 days.

Adapted from [The Guelph Student Cookbook](#)



- ✓ Budget-Friendly
- ✓ Quick & Easy
- ✓ Vegetarian
- ✓ High-fibre



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