



BENEFITS

Because there are so many ways to enjoy them!

This root vegetable is tropical in origin and can be prepared in a thousand different ways. Whether baked in a cake with cinnamon or cut up and fried with a bit of salt, sweet potatoes never cease to amaze!

Sweet potatoes pass with flying colours!

More than just an orange-coloured root, sweet potatoes come in nearly 500 different varieties: there are white ones, yellow ones and even purple ones! They add colour to any dish.



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



MINI PITAS STUFFED WITH SWEET POTATO AND SALMON

Portions: 20 appetizers  15 min

Ingredients

- 1 sweet potato, grated (about 500 ml or 2 cups)
- 2 celery stems, cubed
- 60 ml (1/4 cup) onion, finely chopped
- 150 g (1 can) salmon (skinless, boneless), drained
- 60 ml (1/4 cup) coriander, chopped
- 60 ml (1/4 cup) plain Greek yogurt
- 30 ml (2 tbsp) mayonnaise
- 15 ml (1 tbsp) water or lemon juice
- Zest of a half lemon
- 1 glove garlic, finely chopped
- Salt and pepper to taste
- 20 mini pitas

Directions

1. In a large bowl, mix together the yogurt, mayonnaise, water or lemon juice, lemon zest and garlic.
2. Add the remaining ingredients and mix to combine.
3. Season to taste.
4. Top each mini pita with 30 ml (2 tbsp) of this mixture.

Variation

You can also use this mixture to stuff cucumbers or other types of bread (ex.: tortillas). It also makes a good salad meal.

Source: Julie Strecko, RD



LENTIL AND SWEET POTATO SHEPHERD'S PIE

Portions: 4 to 6  20 min  40 min

Ingredients

- 3 sweet potatoes
- 15 ml (1 tbsp) olive oil
- 2 gloves garlic, finely chopped
- 1 onion, chopped
- 1/2 pepper, cubed
- 2 carrots, cubed
- 500 ml (2 cups) lentils, drained
- 75 ml (1/3 cup) vegetable broth
- 5 ml (1 tsp) curry powder
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) ground pepper
- Salt and paprika to taste

Directions

1. Preheat oven to 180°C (350°F).
2. Boil the sweet potatoes and then purée them.
3. In a pan, sauté the onion, garlic, pepper and carrots in the oil for about 3 min.
4. Add the lentils, vegetable broth and spices. Mix well. Bring to a boil, then lower the heat and simmer 7 to 8 min, stirring occasionally.
5. Transfer the lentil mixture to an oven-proof square baking pan. Top with the sweet potato purée. Sprinkle with paprika and bake in the oven for 30 min.
6. Serve with a green salad or steamed broccoli.

Source: *Saveurs et plaisir dans votre assiette!*
Recipes and tips from Department of Nutrition graduates at the Université de Montréal, 2006.



Tip!

The skin of sweet potatoes is edible, so you don't need to peel them. Simply clean them well under running water with a brush.
Note that sweet potatoes will keep for only 7 to 10 days when stored in a cool, dark place. Never store raw sweet potatoes in the fridge, as their flesh will harden!

