Different Twist Pork Stew

By combining pork, yams, and corn, you will have an eye-catching one-dish stew that will be repeated often for family dinners.

- 2 lb pork tenderloin, trimmed of fat and cut into 1½-inch cubes
- 1 large onion, chopped
- 1 (28-oz) can no-salt-added tomatoes, with their juices
- 1 (14½-oz) can fat-free chicken broth
- 2 bay leaves
- Salt and pepper to taste
- 2 lbs sweet potatoes (yams) (about 4), peeled and cut into 1-inch cubes
- 1 (16-oz) package frozen corn

In large pot coated with non-stick cooking spray, brown pork over low heat, about 5 minutes. Add onion. Cook until softened, about 7 minutes. Add tomatoes, chicken broth, bay leaves, salt, and pepper. Cook 30 minutes. Add yams and corn. Simmer until potatoes and pork are tender, 45 minutes to 1 hour. Remove bay leaves before serving. Makes 8 servings.

Per Serving: CAL 439 (16.2% from fat); FAT 7.9g; PROTEIN 37.9g; SODIUM 252mg; SATURATED FAT 2.6g; CARB 55g; CHOL 90mg

Sweet Potato Bundt Cake

This moist cake has the perfect combination of spices which make it a favorite recipe. A simple and sensational choice!

- ½ cup sugar
- ½ cup ⅓ less fat margarine
- 3 large egg whites
- 1 large egg
- 2 (15-oz) cans sweet potatoes, drained and mashed (2 cups)
- 2 cups all-purpose flour
- 1½ tsp ground cinnamon
- ½ tsp ground nutmeg
- 1 tsp baking powder
- 1 tsp baking soda
- 1½ tsp vanilla
- 2 tbsp flaked coconut

Preheat oven to 350 degrees. In large bowl, beat together sugar and margarine until blended. Add egg whites and egg, one at a time, beating well after each addition. Mix in sweet potatoes. In another bowl, mix together flour, cinnamon, nutmeg, baking powder, and baking soda. Gradually add flour mixture to first mixture, beating well after each addition. Add vanilla. Pour half of batter into a 10-bundt pan coated with nonstick cooking spray and dusted with flour. Sprinkle coconut over batter. Cover with remaining batter. Bake for 50 minutes to 1 hour or until a wooden pick inserted in center of cake comes out clean. Cool in pan on wire rack for 10 minutes; invert to serving platter. Makes 16 servings.

Per serving: CAL 194.9(16% from fat); FAT 3.717g; PROTEIN 3.211g; CARB 37.81g; CHOL 13.25mg; SODIUM 209.2mg

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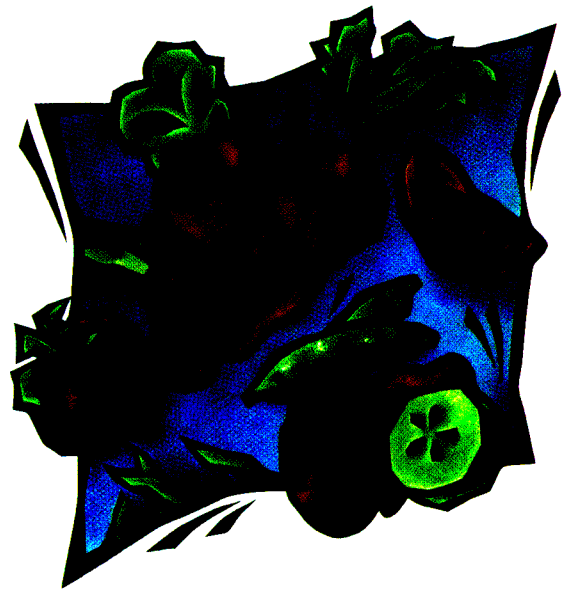
Holly Clegg's Trim & Terrific™



Louisiana Yam RECIPES

Holly Berkowitz Clegg

Renowned cookbook author Holly Berkowitz Clegg believes cooking should be fun, quick and healthful. Clegg has compiled a series of *Trim & Terrific* cookbooks featuring user–friendly recipes tailored to health-conscious consumers. Her books have garnered praise from thousands across the nation; her enthusiastic persona has captured the hearts of millions who know her as a regular guest on NBC's *Weekend Today Show*.

Clegg's philosophy about food, and how to prepare and serve it, centers around simplicity and good taste with an emphasis on nutrition. She has managed to keep foods interesting using everyday ingredients from the pantry, and at the same time keep her recipes low in fat.

Clegg's *Trim & Terrific* cookbooks demonstrate that you don't have to sacrifice flavor or use food substitutes to prepare healthier meals. Her recipes are designed to appeal to mainstream America, with the goal of putting a health-conscious dinner on the table in 30 minutes or less.

The Fort Worth, Texas native who attended the Cordon Bleu Cooking School in London along with classes at Cordon Bleu and La Varenne in Paris, now lives in Baton Rouge, where she is a wife and mother of three. Clegg is housewares spokeswoman for Mercantile Stores, Inc. and is a contributing editor of *Cooking Light* magazine.

As spokesperson for the Louisiana Sweet Potato Commission, Clegg has contributed this selection of her favorite sweet potato recipes as delicious proof that the road to a healthier lifestyle is as easy as reaching for light margarine. With these *Trim & Terrific* Yam recipes, Clegg has fashioned one of Louisiana's greatest natural resources into healthful and tempting dishes for any occasion.

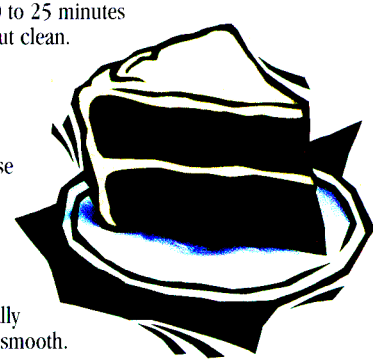
Clegg's *Trim & Terrific* cookbooks series includes *A Trim & Terrific Louisiana Kitchen*, *Trim & Terrific American Favorites*, and *Trim & Terrific One-Dish Favorites*. To order Holly Clegg's *Trim & Terrific* Recipe Books, call toll free 1-800-88-HOLLY.

Sensational Sweet Potato Cake

Move over carrot cake and try this fabulous three layer spicy cake iced with a rich Cream Cheese Frosting. This popular cake is easily prepared with a cake mix.

- 1 package Betty Crocker reduced-fat yellow cake mix
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- 3 large eggs
- 2 tbsp canola oil
- 1⅓ cups water
- 1 (15-oz) can sweet potatoes (yams), drained and mashed (1 cup)
- 1 cup drained crushed pineapple
- 1 tsp vanilla
- Cream Cheese Frosting (recipe follows)

Preheat the oven to 350 degrees. Coat three 9-in round cake pans with nonstick cooking spray and dust with flour. In a large mixing bowl, combine the cake mix, cinnamon, nutmeg, eggs, oil, water, sweet potatoes, crushed pineapple and vanilla mixing at a low speed until well combined. Pour into prepared pans. Bake for 20 to 25 minutes or until a toothpick inserted comes out clean. Cool and ice cake with Cream Cheese Frosting. Serves 16 to 20.



Cream Cheese Frosting

- 1 (8-oz) package light cream cheese
- 3 tbsp margarine
- 1 (16-oz) box powdered sugar
- 1 tsp vanilla

In a mixing bowl, blend together the cream cheese and margarine. Gradually add the powdered sugar mixing until smooth. Add vanilla. Blend again.

Per serving: CAL 272.2; FAT 6.88g; PROTEIN 3.052g (22% from fat); CARB 50.33g; CHOL 34.86mg; SODIUM 262.2mg

Oatmeal Sweet Potato Muffins

The crumble topping adds the finishing touch to this perfect muffin which is great for breakfast or a snack.

- 1 cup old fashioned oatmeal
- 1 cup all-purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp ground cinnamon
- ½ tsp nutmeg
- 1 cup canned sweet potatoes (yams), drained and mashed
- ¾ cup light brown sugar
- ⅓ cup canola oil
- ¼ cup skim milk
- 1 large egg
- 1 tsp vanilla
- Crumble Topping (recipe follows)

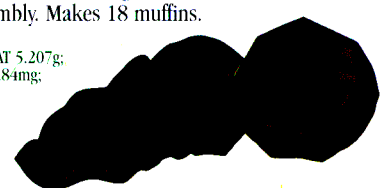
Preheat oven to 400 degrees. In large bowl, combine oatmeal, flour, baking powder, baking soda, cinnamon, and nutmeg. Stir in sweet potatoes, brown sugar, oil, milk, egg, and vanilla, just until well moistened. Fill muffin tins 3/4 full. Sprinkle with Crumble Topping. Bake 15-20 minutes.

Crumble Topping

- ¼ cup old fashioned oatmeal
- ¼ cup all-purpose flour
- ¼ cup light brown sugar
- 1 tbsp light margarine, melted
- 1 tsp vanilla flavoring

In a bowl, mix together oatmeal, flour, and sugar. With a fork, mix in margarine and vanilla until crumbly. Makes 18 muffins.

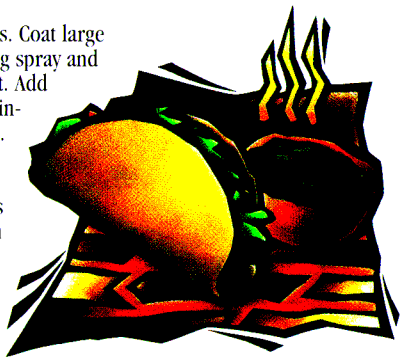
Per serving: CAL 158.7 (29% from fat); FAT 5.207g; PROTEIN 2.343g; CARB 26.05g; CHOL 11.84mg; SODIUM 81.09 mg



Sweet Potato, Black Bean and Caramelized Onion Burritos

The caramelized onion with the sweet potatoes takes on a superb flavor with the black beans adding a southwestern touch.

2 cups thinly sliced red onion
2 tsp sugar
3 cups baked sweet potatoes, cut into chunks
½ tsp ground cumin
1 (15-oz) can black beans, drained
8 (6-in) flour tortillas
3 tbsp light margarine, melted



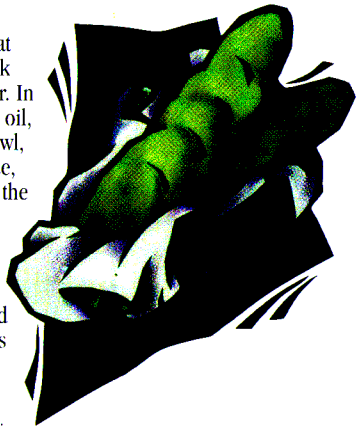
Preheat oven to 350 degrees. Coat large skillet with nonstick cooking spray and heat over medium high heat. Add onion and sugar; sauté 5 minutes or until tender, stirring. Reduce heat to medium; continue cooking for 10 to 15 minutes or until onion is caramelized or deep golden brown. Remove from heat, and stir in sweet potatoes, cumin, and black beans, mixing gently. Spoon mixture evenly down center of each tortilla. Roll up tortillas jelly roll style and place rolls, seam side down, in an oblong casserole dish coated with nonstick cooking spray. Drizzle melted margarine over burritos. Cover and bake 10 to 15 minutes or until well heated and crispy on outside. Makes 8 burritos.

Per serving: CAL 193.5 (24% from fat); FAT 5.228g; PROTEIN 6.392g; CARB 30.99g; CHOL 0mg; SODIUM 352.7mg

Cranberry Yam Bread

The tartness of the cranberries combined with the sweet, spicy yams makes this bread a winner all year round!

2 large eggs, slightly beaten
1⅓ cups sugar
⅓ cup canola oil
1 cup mashed sweet potatoes, (yams) canned or cooked fresh
1 tsp vanilla extract
1 cup all-purpose flour
1 tsp ground cinnamon
¼ tsp ground allspice
1 tsp baking soda
1 cup chopped cranberries



Preheat oven to 350 degrees. Coat 9x5x3-inch loaf pan with nonstick cooking spray and dust with flour. In large bowl, combine eggs, sugar, oil, yams, and vanilla. In separate bowl, combine flour, cinnamon, allspice, and baking soda. Make a well in the center. Pour yam mixture into well. Mix just until moistened. Stir in cranberries. Spoon batter into prepared loaf pan. Bake for 1 hour or until toothpick inserted in center comes out clean. Makes 16 slices.

Per serving: CAL 166.9G (28% from fat); FAT 5.320g; PROTEIN 1.998g; CARB 28.64g; CHOL 26.50mg; SODIUM 91.15mg

Tropical Sweet Potato Salad

A great alternative to potato salad. The spices, dates and toasted pecans provide the perfect complement to sweet potatoes.

2 lbs sweet potatoes, (yams) peeled and cubed
2 tbsp lemon juice
⅓ cup light mayonnaise
1 tsp grated orange rind
2 tbsp orange juice
1 tbsp honey
¼ tsp ground ginger
⅛ tsp ground nutmeg
Salt to taste
¼ cup pecans, toasted
1 cup chopped celery
⅓ cup chopped pitted dates

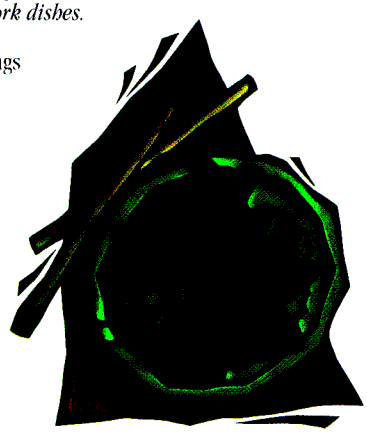
In a saucepan, cook sweet potatoes for 8 to 10 minutes in boiling water just until tender. Do not overcook. Drain and toss with lemon juice; set aside. In a large bowl, combine mayonnaise, orange rind, orange juice, honey, ginger, nutmeg, and salt to taste. Stir in warm sweet potatoes, pecans, celery, and dates, tossing gently. Serve immediately or cover and chill. Makes 6 servings.

Per serving: CAL 274.7 (24% from fat); FAT 7.768g; PROTEIN 3.369g; CARB 50.33g; CHOL 0mg; SODIUM 325.6mg

Sliced Sweet Potatoes and Onions

These glazed potatoes make it a favorite accompaniment to ham and pork dishes.

1 lg onion, thinly sliced into rings
2 tbsp light brown sugar
Salt and pepper to taste
2 lbs sweet potatoes (yams), peeled and thinly sliced (about 6 cups)
2 tbsp maple syrup
2 tbsp light margarine, melted
½ tsp dried thyme



Preheat oven to 350 degrees. In 2-quart oblong baking dish coated with nonstick cooking spray, arrange onion slices. Sprinkle with brown sugar and salt and pepper to taste. Layer sweet potato slices over onion, overlapping slices. In a small bowl, combine maple syrup, light margarine, and thyme. Pour over sweet potato and onion slices. Cover dish with foil and bake for 1 hour or until tender. Makes 6 servings.

Per serving: CAL 221.3(22% from fat); FAT 5.563g; PROTEIN 1.745g; CARB 43.2g; CHOL 0mg; SODIUM 307.2mg

Sweet Potatoes with Marshmallow Creme Sauce

These heavenly, creamy sweet potatoes are topped with an incredible marshmallow sauce.

2½ lbs sweet potatoes (yams)
1 tbsp light margarine
⅓ cup evaporated skimmed milk
¼ cup sugar
1 tsp vanilla
Marshmallow Sauce (recipe follows)

Place sweet potatoes in a large pot, cover with water and bring to boil. Reduce heat and cook until tender. Peel potatoes and place in mixing bowl. Add margarine, evaporated milk, sugar, and vanilla. Beat until smooth. Spoon into 2-quart casserole dish. Pour Marshmallow Sauce over sweet potato mixture, cover with foil, and bake at 350 degrees for 20 minutes.

Marshmallow Sauce

4 tbsp light margarine
¼ cup all-purpose flour
¾ cup light brown sugar
½ cup water
1 cup miniature marshmallows

In small saucepan, melt margarine. Stir in flour and cook for 1 minute, stirring constantly. Add brown sugar and water, mixing well. Add marshmallows and continue cooking over medium heat until marshmallows melt and sauce thickens. Makes 8 to 10 servings.

Per serving: CAL 330.6(19% from fat) FAT 7.097g; PROTEIN 2.63g; CARB 66.81g; CHOL 0.383mg; SODIUM 137.9mg

Heavenly Yam Delight

A sweet potato version of a favorite layered dessert. The perfect treat to make when you're in a hurry.

1 cup all-purpose flour
¼ cup plus ⅔ cup powdered sugar
⅓ cup chopped pecans
6 tbsp light margarine, softened
1 (8-oz) package fat free cream cheese
1 (8-oz) container fat free frozen whipped topping, thawed and divided
1 (29-oz) can sweet potatoes (yams), drained
¼ cup sugar

Preheat oven to 350 degrees. In large bowl, combine flour, 1/4 cup powdered sugar, pecans, and margarine. Press into bottom of 13x9x2-inch baking pan. Bake 20 minutes. Set aside to cool. In mixing bowl, mix cream cheese and 2/3 cup powdered sugar until creamy. Fold in 3/4 cup whipped topping. Spread cream cheese mixture over cooled crust. In mixing bowl, beat sweet potatoes and sugar until smooth. Spread over cream cheese mixture. Top with remaining whipped topping. Refrigerate. Makes 16 servings.

Per serving: CAL 205.7 (26% from fat); FAT 5.984g; PROTEIN 3.680g; CARB 33.71g; CHOL 1.134mg; SODIUM 118.2mg

Quick Sweet Potato Pie

Move over pumpkin pie - try this sensational recipe. Quick Tip: Fill in pastry foil lined pans and you have the perfect holiday gift. NOTE: To make this recipe lower in fat, use a graham cracker crust. Also, canned yams may be used.

1 cup cooked mashed sweet potatoes (yams)
2 tbsp light margarine
1 large egg
½ cup light brown sugar
¼ tsp ground cinnamon
¼ tsp ground nutmeg
¼ cup evaporated skimmed milk
1 tsp vanilla
1 9-in unbaked pie shell

Preheat oven to 375 degrees. In mixing bowl, beat together mashed sweet potatoes, margarine, egg, brown sugar, cinnamon, nutmeg, skimmed milk, and vanilla until creamy. Pour mixture into pie shell. Bake 40-45 minutes or until set. Makes 8 servings.

Per serving: CAL 279.1 (42% from fat); FAT 13.2g; PROTEIN 4.043g; CARB 36.38g; SODIUM 261mg

Surprise Yam Casserole with Praline Topping

The creamy orange flavored sweet potatoes with Praline Topping make this dish seem like a real indulgence.

2½ lbs sweet potatoes (yams), peeled and cut into chunks
4 medium carrots peeled and sliced
1 chicken bouillon cube, optional
6 tbsp light margarine
¼ cup light brown sugar
⅓ cup orange juice
Praline Topping (recipe follows)

Place sweet potatoes, carrots, and bouillon cubes in a large pot with water to cover. Bring to boil, reduce heat, and cook for 15 minutes or until both are tender. Drain and mash in a food processor or mixer, add margarine, brown sugar, and orange juice, mixing until smooth. Transfer to 2-quart casserole coated with nonstick cooking spray and spread with Praline Topping. Bake at 350 degrees for 30 minutes or until topping is brown.

Praline Topping

⅔ cup light brown sugar
1 cup all-purpose flour
½ tsp ground cinnamon
6 tbsp light margarine, melted
1 tsp vanilla flavoring

In a bowl, mix brown sugar, flour, and cinnamon. Stir in margarine and vanilla with a fork until crumbly. Makes 8 to 10 servings.

Per serving: CAL 399.3 (27% from fat); FAT 2.53g; PROTEIN 3.378g; CARB 71.65g; CHOL 0mg; SODIUM 310.6mg

Sweet Potato Log Roll

The spicy cake with rich cream cheese filling makes this dessert impressive and delicious. It's easy with these simple directions.

2 large eggs
2 large egg whites
1 cup sugar
1 (16-oz) can sweet potatoes (yams), drained and mashed
1 tsp lemon juice
¾ cup all-purpose flour
2 tsp ground cinnamon
¼ tsp ground ginger
Powdered sugar
Cream Cheese Filling (recipe follows)

Preheat oven to 375 degrees. Coat 15x10x1-inch jelly roll pan with nonstick cooking spray and dust with flour; line bottom of pan with waxed paper. In mixing bowl, beat eggs and egg whites at high speed until thick and lemon colored (about 5 minutes). Gradually add sugar, beating several more minutes. Gradually add sweet potatoes and lemon juice. In another bowl, mix flour, cinnamon, and ginger. Stir dry ingredients into sweet potato mixture, mixing well. Pour batter evenly into prepared pan. Bake for 12 to 15 minutes or until a wooden pick inserted comes out clean. Sprinkle powdered sugar in rectangle shape the size of jelly roll pan on a towel. Run a knife around the edges of pan to loosen and immediately turn out on sugared towel. Peel off waxed paper. Starting at one end, roll up cake and towel together; cool completely. Unroll cake and remove towel. Spread cake with the Cream Cheese Filling; reroll and place seam side down. Refrigerate until serving.

Cream Cheese Filling

1 (8-oz) package light cream cheese
2 tbsp light margarine
1 cup powdered sugar
½ tsp vanilla flavoring
½ tsp butter flavoring

In mixing bowl, beat together cream cheese and margarine until smooth. Gradually add powdered sugar, vanilla, and butter flavoring mixing until smooth. Makes 12 servings.

Per serving: CAL 230.9 (19% from fat); FAT 4.964g; PROTEIN 4.973g; CARB 41.52g; CHOL 44.19mg; SODIUM 146.3mg

Sweet Potato Minestrone

A meatless delight! This soup is rich in nutrients, vitamins and flavor. Freezes well.

1 cup chopped onion
1 cup chopped carrots
½ cup chopped celery
2 (14½-oz) cans vegetable broth
1 cup water
2 cups peeled, diced sweet potatoes (yams)
1 tsp dried oregano
½ tsp dried basil
Salt and pepper to taste
1 (28-oz) can diced tomatoes, undrained
1 (15-oz) can Great Northern beans, rinsed and drained
1 (10-oz) bag fresh spinach, stemmed and coarsely chopped

In a large pot coated with nonstick cooking spray, sauté onion, carrots, and celery until tender. Add vegetable broth, water, sweet potatoes, oregano, basil, salt and pepper, tomatoes with juice, and Northern beans. Bring to boil, cover, reduce heat and simmer 30 minutes or until vegetables are tender. Stir in spinach and cook just until wilted. Makes 6 to 8 servings.

Per serving: CAL 256.9 (4% from fat); FAT 1.357g; PROTEIN 11.46g; CARB 53.24g; CHOL 0mg; SODIUM 1070mg

Sweet Potato Biscuits

Serve these biscuits hot out of the oven for a great addition to any meal.

2½ cups all-purpose flour
1 tbsp baking powder
Dash salt
¼ cup sugar
¼ tsp ground cinnamon
¼ tsp ground nutmeg
2 cups cooked mashed sweet potatoes (yams)
4 tbsp light margarine, melted
1 tsp vanilla

Preheat oven to 450 degrees. In large bowl, combine flour, baking powder, salt, sugar, cinnamon, and nutmeg; stirring well. In another bowl, combine sweet potatoes, margarine, and vanilla; add to flour mixture stirring just until dry ingredients are moistened. Sprinkle flour on a work surface (waxed paper). Turn dough out on floured surface and knead about 10 times. Roll dough to 1/2-inch thickness; cut into rounds with 2 inch round cutter. Place rounds on baking sheet coated with nonstick cooking spray. Bake 12 to 15 minutes or until golden. Makes 2 dozen.

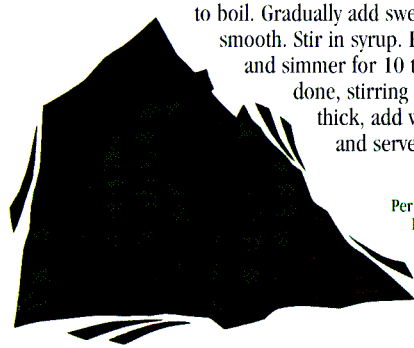
Per serving: CAL 93.24(11% from fat); FAT 1.195g; PROTEIN 1.807g; CARB .83g; CHOL 0mg; SODIUM 88.59mg

Pork Chops and Sweet Potato Gravy

Pork and sweet potatoes are a natural pair. The slightly sweet seasoned gravy makes this a super one-dish meal.

1 tbsp paprika
1 tbsp garlic powder
¼ tsp cayenne pepper
Salt and pepper to taste
2 lbs pork scaloppini (thin cuts of pork medallions) or boneless pork chops
1 tbsp canola oil
2 tbsp all-purpose flour
1½ cups thinly sliced onions
¼ cup pecans, chopped
2 cups water
1 lb sweet potatoes (yams), baked, peeled and mashed
2 tbsp maple syrup
⅓ cup thinly sliced green onions

In a small bowl, combine paprika, garlic powder, cayenne, salt and pepper. Sprinkle both sides of pork with seasoning. In large skillet coated with nonstick cooking spray, over high heat, heat oil and brown pork on each side. Remove and set aside. Add flour, stirring constantly to brown the flour. Add onions and sauté until almost tender, about 5 minutes. Stir in pecans. Add water and bring to boil. Gradually add sweet potatoes and blend until smooth. Stir in syrup. Return pork to pan, reduce heat and simmer for 10 to 15 minutes or until the pork is done, stirring occasionally. If gravy gets too thick, add water. Sprinkle with green onions and serve. Makes 6 servings.



Per serving: CAL 483.3 (36% from fat); FAT 19.53g; PROTEIN 47.77g; CARB 28.22g; CHOL 124mg; SODIUM 29.7mg

Sensational Sweet Potato Bake

This is too good to be true. The sweet potato filling melts in your mouth with the crunchy brown sugar topping. This recipe is a definite favorite and a #1 winner on our list! Don't save for the holidays as it is great with pork dishes year round!

3 lbs sweet potatoes, (yams)
8 tbsp light margarine, divided
1 (13-oz) jar marshmallow creme
1 large egg
2 large egg whites
½ cup sugar
½ cup skim milk
½ cup light brown sugar
2 cups crushed Crispix (cereal of your choice)

In a large pot, cover sweet potatoes with water and bring to a boil. Boil for 45 minutes or until tender; drain and cool slightly. Peel potatoes and cut into chunks; set aside. In small pot or microwave safe dish, cook 4 tablespoons margarine and marshmallow creme, stirring constantly, until margarine is melted and mixture is creamy. In mixing bowl, beat sweet potatoes, marshmallow mixture, egg, egg whites, sugar, and milk until smooth. Transfer to 3-quart baking dish coated with nonstick cooking spray. In a microwave safe dish, melt remaining 4 tablespoons margarine and brown sugar. Stir in crushed cereal. Sprinkle over sweet potatoes. Bake at 350 degrees for 1 hour. Makes 10 to 12 servings.

Per serving: CAL 413.2 (18% from fat); FAT 8.597g; PROTEIN 3.409g; CARB 85.03g; CHOL 21.42mg; SODIUM 202.0mg

Creamed Double Potatoes

Next time you want your mashed potatoes with flair, try this combo. Sweet potatoes add nutrition, color, and flavor.

2 lbs baking potatoes
1 medium sweet potato (yam)
Salt and pepper to taste
½ cup light margarine
1 cup skim milk
Sliced green onions, optional

In large pot, cover both types of potatoes with water and boil for 40 minutes or until tender. Peel potatoes and place in bowl with margarine and milk. Beat until smooth. Season to taste and sprinkle with green onions if desired. Makes 8 servings.

Per serving: CAL 181.4 (63% from fat); FAT 6.188g; PROTEIN 3.556g; CARB 29.54g; CHOL 0.551mg; SODIUM 78.21mg

Roasted Sweet and White Potatoes

Not only will this side dish make a colorful plate, but the simplicity of the roasted potatoes with the seasonings is hard to beat in flavor too!

3 tbsp olive oil
1 lb sweet potatoes (yams), unpeeled, cut into 2-inch chunks
1 lb baking potatoes, unpeeled, cut into 2-inch chunks
3 tbsp thinly sliced garlic
1 tsp dried thyme
Salt and pepper to taste
¼ cup chopped parsley

Preheat oven to 450 degrees. Pour oil onto a baking sheet; heat for 5 minutes. Add both types of potatoes and garlic, turning to coat. Bake, shaking pan every 15 minutes, until potatoes are brown and crisp, about 45 minutes to 1 hour. Season with thyme, salt, pepper, and parsley, tossing well. Makes 8 servings.

Per serving; CAL 184.1 (39% from fat); FAT 8.144g; PROTEIN 1.906g; CARB 26.66g; CHOL 0mg; SODIUM 181.1mg

Two-Potato Bisque

Potato soup is a favorite of all and adding yams makes this delicious soup very nutritious.

1 large sweet potato (yam), peeled and cut into 1-inch cubes
1 large baking potato, peeled and cut into 1-inch cubes
1 large onion, chopped
2 garlic cloves, minced
1 bay leaf
Salt to taste
1 tsp dried thyme
⅛ tsp cayenne pepper
2 cups canned fat-free chicken broth
1 cup low-fat buttermilk
1 cup skim milk
2 tbsp lime juice
3 tbsp chopped fresh cilantro, optional

In a large pot, combine sweet potato, baking potato, onion, garlic, bay leaf, salt, thyme, cayenne, and chicken broth. Bring to a boil. Reduce heat and simmer, covered, for 15 minutes, or until potatoes are tender. Pour mixture into food processor and blend until smooth; return to pot. Add buttermilk, skim milk, and lime juice. Cook over low heat until heated through; do not boil. Sprinkle cilantro on each serving, if desired. Makes 4 to 6 servings.

Per serving: CAL 99 (5.6% from fat); FAT 0.6g; PROTEIN 4.7g; SODIUM 257mg; SATURATED FAT 0.3g; CARB 8.9g; CHOL 2mg

Louisiana Yams
Nature's Best Kept Secret

The yam, or sweet potato, is a natural wonder. Versatile, nutritious and delicious, yams may be one of nature's best kept secrets...until now.

Whether boiled, candied, stuffed, mashed or whipped, sweet potatoes can be a great accompaniment to almost any meal. While sweet potato casseroles and pies are favorites on traditional holiday buffets, don't overlook this healthful taste sensation year-round with main dish meats, in a cake for dessert, or in nutritious breads and muffins as brunch fare or a healthful snack.

The sweet potato has been the focus of considerable research. The Center for Science in the Public Interest ranks the sweet potato as the most nutritious vegetable and rated it significantly higher in nutrients than the baked Idaho potato, spinach or broccoli.

This exceptionally nutritious complex carbohydrate is an important source of beta carotene, provides twice the recommended daily allowance of vitamin A and more than one-third of the requirements for vitamin C.

Sweet potatoes, whether fresh or canned, also contribute vitamin B6, iron, potassium and fiber. One medium sweet potato contains about 150 calories and virtually no fat or sodium.

Studies have consistently shown that a high intake of beta carotene-rich vegetables and fruits can significantly reduce the risks for certain types of cancer. Yams that are a pretty, bright, orange color are richest in beta carotene.

When selecting fresh sweet potatoes, choose those that are smooth, plump, bright, dry and clean. Do not refrigerate, but store in a cool place, 60° F or above, where air can circulate freely. During storage, the starch is converted to sugar, creating a sweet and moist potato. Sort sweet potatoes often, removing any signs of spoilage.