LOUISIANA YAMS!

LOW FAT! RECIPES

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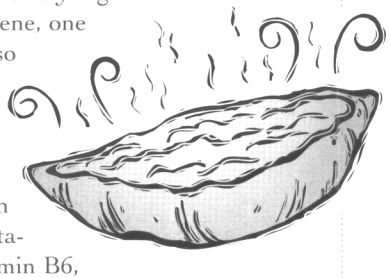
A Virtuous Vegetable

Sweet potatoes, or yams, contain virtually no fat or sodium and are one of our most nutritionally complete foods. Extremely high in the production of beta carotene, one medium sweet potato also provides almost twice the recommended daily allowance of vitamin A and over one-third of the vitamin C we need in our daily diet. Sweet potatoes also contribute vitamin B6, iron, potassium and fiber.



The Center for Science in the Public Interest (CSPI) ranks the sweet potato number one of all vegetables on its nutritional score card. Foods receive points for their content of dietary fiber, naturally occurring sugars and complex carbohydrates, protein, vitamins A and C, iron, and calcium. Points are deducted for fat content (especially saturated fat), sodium, cholesterol, added refined sugars and caffeine. The sweet potato scored 184, with the next highest vegetable being the baked Idaho potato, which scored just 83. The sweet potato also scored significantly higher than spinach, broccoli and Brussels sprouts.

Fresh Yam Selection and Care

When you buy fresh Louisiana yams, choose firm, well-shaped sweet potatoes with bright, clean and smooth skin. Always keep sweet potatoes dry and never refrigerate except after cooking. Cold temperatures are harmful to sweet potatoes.

Microwaving Sweet Potatoes

Microwaved yams have a different texture and flavor from yams cooked conventionally. They do not develop the sweet, syrupy taste of baked yams. Some people like them and others prefer baking yams conventionally, freezing them and reheating them in the microwave. Yams may be microwaved for use in recipes calling for cooked yams.

To microwave yams, scrub them and prick with a fork or knife. This allows steam to escape and prevents the potato from popping. Arrangement is most important. To cook evenly, yams are placed in a circular arrangement with the smaller ends toward the center. Place in oven on paper towel. Rearrange once during cooking time. Let stand three minutes to complete cooking. Dry or old potatoes do not microwave well whole. Peel and dice them before microwaving.

Quantity	Time (On High)
1 potato	4-6 minutes
2 potatoes	6-8 minutes
3 potatoes	8-12 minutes
4 potatoes	12-16 minutes

Sweet Potato-Corn Muffins

1 lb. sweet potatoes
Nonstick cooking spray
1 cup cornmeal
1/2 cup all-purpose flour
2 tsp. baking powder
1/2 tsp. salt
1/8 tsp. cayenne pepper
1/3 cup milk
1 large egg white
1 small can (8 1/2-oz.) cream-style corn

Preheat oven to 375 degrees. Set sweet potatoes on a small baking pan. Bake until very tender, 1 to 1 1/2 hours, depending on the size. Cool briefly, then scoop out and mash the pulp. Measure 1 cup. Coat a 12-muffin tin with cooking spray. Stir together cornmeal, flour, baking powder, salt and cayenne in a small bowl. Set aside. Stir together potatoes, milk, egg white and corn in a large bowl. Add cornmeal mixture and stir until just incorporated. Spoon batter into the prepared muffin tin, filling each cup about 3/4 full. Bake 25 to

30 minutes, or until a toothpick inserted in the center comes out dry. Let cool briefly, then remove muffins from the pan to a wire rack. Serve warm or at room temperature. Makes 12 muffins.
Approximate nutritional analysis: 95 calories per muffin; 3 g protein; 21 g carbohydrate; 1 g fat (6% of calories); 2 g fiber; 182 mg sodium; 43% of the Daily Value for vitamin A.

Yam Cornbread Stuffing

Here's a new twist with old favorites. Try combining Louisiana yams and pecans in your cornbread stuffing this year.

2 cups chopped, peeled, raw sweet potatoes
1 cup chopped onions
1 cup sliced celery
2 tbsp. diet margarine
1/4 cup chopped parsley
1 tsp. ground ginger
5 cups crumbled cornbread
1/4 cup pecans
Chicken broth
In a large skillet, cook sweet potatoes, onion and celery in margarine for 5 to 7 minutes or until just tender. Spoon mixture into a large mixing bowl. Stir in parsley and ginger. Add cornbread and pecans. Toss gently to coat. Add enough chicken broth to moisten. Place stuffing in a casserole. Bake uncovered, in a 375 degree oven about 45 minutes or until heated through. Makes about 6 cups (10 servings).
Each serving has 170 calories, 3 g protein, 27.6 g carbohydrate, 5.6 g fat, 0 mg cholesterol, 112 mg sodium, 3 g dietary fiber, 1167 RE vitamin A and 15.7 mg vitamin C.

Sweet Potato Souffle

2 cups cooked, mashed sweet potatoes
2 tablespoons diet margarine
1/4 cup sugar
1/4 cup apple juice
1/4 cup egg substitute or egg white
1/8 teaspoon salt
Beat together sweet potatoes, margarine, sugar, apple juice, egg substitute and salt until fluffy. Turn into greased baking dish; sprinkle with nuts, if desired. Bake 30 minutes at 350 degrees. Serve immediately. Makes 6 servings.
Each serving, without nuts, has 146 calories, 2.9 g protein, 29 g carbohydrate, 2.4 g fat, (.4 g sat. fat), 0 mg cholesterol, 1.5 g dietary fiber, 1352 RE vitamin A.

Sweet Potato Casserole

3 cups cooked, mashed sweet potatoes
1/4 cup sugar
2 tablespoons diet margarine
1/2 cup egg substitute
1/2 cup raisins (optional)
1 teaspoon vanilla
Whip potatoes while hot. Add remaining ingredients; mix well. Pour into greased casserole dish. Top with following mixture; bake at 350 degrees for 20-25 minutes. Makes 8 servings.
Topping:
1/2 cup brown sugar
2 tablespoons flour
2 tablespoons diet margarine, melted
1/4 cup chopped pecans
Combine all ingredients; place on top of potatoes and bake.
Each serving has 272 calories, 4.3 g protein, 51.4 g carbohydrate, 6 g fat (.8 saturated fat), 0 mg cholesterol, 3.9 g dietary fiber and 2196 RE vitamin A.

Yam Dip

1 pint nonfat plain yogurt
1 pkg onion soup mix
1/2 cup mashed yams
Mix ingredients together and chill. Serve with fresh vegetables. Makes 2 1/2 cups.
Each 1/4 cup serving has 54 calories, 3.3 g protein, 9.5 g carbohydrates, .3 g fat (.1 saturated fat), .9 mg cholesterol, .7 g dietary fiber, 281 RE vitamin A.

Sweet Potato Bread

2 cups sugar
1/2 cup cooking oil
1 cup egg substitute
3 1/2 cups all-purpose flour
1 1/2 teaspoons baking soda
1/2 teaspoon salt
1 tsp. each cinnamon and nutmeg
2/3 cup water
2 cups cooked mashed sweet potatoes
1/2 cup chopped pecans (optional)

Combine sugar and oil; beat well. Add eggs and beat. Combine dry ingredients and add to egg mixture alternately with water. Stir in sweet potatoes and chopped pecans and pour into three greased 9x5-inch loaf pans. Bake at 350 degrees for about 1 hour. Will freeze well. Makes 36 1/4 inch slices.
Each serving, without pecans, has 133 calories, 2.25 g protein, 23.7 g carbohydrate, 3.45 g fat (.05 g saturated fat), 0 mg cholesterol, .85 g dietary fiber and 326 RE vitamin A.

Baked Yams with Bean Sauce

Bean Sauce:
1 cup cooked and drained black beans
1/3 cup ketchup
1 tbsp. molasses
1 clove garlic, minced
1 tsp. chili powder, or to taste
Dash cayenne pepper
4 med. sweet potatoes (8 ounces each), scrubbed

Preheat oven to 400 degrees. In a small bowl, mix together all bean sauce ingredients. Prick potatoes with fork. Place on oven rack; bake until soft, 40 to 50 minutes (you may do this 1 day ahead). Reduce oven heat to 375 degrees. Spray a baking dish with nonstick cooking spray. Halve each potato; arrange cut-side up on baking dish and top with a few tablespoons of sauce. Bake 20 to 25 minutes, or until sauce bubbles. Makes 4 servings.
Per serving: 212 cal.; 6 g protein.; 0.3 g fat; 47 g carb.; 0 mg chol.; 284 mg sod.; 8 g fiber.

Baked Yams

Use cured sweet potatoes. Wash and dry. Bake at 400 degrees for 15 minutes. Reduce heat to 375 degrees and continue baking until potatoes are soft; about 1 hour for medium potatoes and 1 1/2 hours for large. Hint: Do not wrap sweet potatoes with foil. This steams potatoes and you will not have that sweet, syrupy flavor of a good baked yam. This is also true of yams cooked in the microwave.
One small baked yam has 117 calories, 1.9 g protein, 27.7 g carbohydrate, .1 g fat, 3.4 g dietary fiber and 2487 RE vitamin A.

Twice Baked Sweet Potatoes

2 sweet potatoes
2 tsp. light butter, or no-fat butter
1/3 cup skim milk
1/4 tsp. each cinnamon and nutmeg
Dash of ginger

Wrap sweet potatoes in aluminum foil, pierce, and bake in an iron skillet, Dutch oven, or pan. Bake 20 minutes at 500 degrees, lower oven to 400 degrees, bake until tender. Let sweet potatoes cool. Cut in half, remove pulp, save skins. Mix pulp with 1/3 cup skim milk, cinnamon, nutmeg, and ginger. Add 2 teaspoons of light butter, or no-fat butter to pulp mixture. Beat mixture with an electric mixer until smooth. Spoon into shells, bake on baking sheet for 10-15 minutes at 350 degrees.

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