



# Market Basket *of the month*

## January Recipes

### Twice-baked Maple Pecan Sweet Potatoes

Makes 8 servings (½ potato)

#### Ingredients

4 sweet potatoes  
½ c. Greek yogurt, plain  
2 Tbsp. maple syrup  
½ Tbsp. pumpkin pie spice

#### Topping:

½ c. pecans, chopped  
2 Tbsp. butter/margarine  
2 Tbsp. brown sugar

#### Directions:

1. Preheat oven to 400 F. Pierce potatoes with fork and place in large baking pan. Bake for 20 to 35 minutes or until soft. Time will depend on size of sweet potatoes.
2. Caution, potatoes will be hot. Use a hot pad if necessary. Cut each potato lengthwise and scoop out flesh. Be careful not to tear potato skin. Place potato skins back in baking pan.
3. Mash flesh to smooth consistency. Combine the flesh, yogurt, syrup and pumpkin pie spice in a bowl. Mix well. Evenly distribute filling back into each potato skin.
4. In a small bowl combine pecans, butter and brown sugar. Use a fork to crumble the mixture together. Evenly distribute the topping onto each potato.
5. Bake potatoes at 400 F for 12 to 15 minutes. Serve with more syrup if desired.

Source: [www.ndsu.edu](http://www.ndsu.edu)



### Oven Bakes Sweet Potato Planks

Makes 4 servings

#### Ingredients

Nonstick cooking spray  
1½ pounds (2 large) fresh sweet potatoes  
¼ teaspoon black pepper  
½ teaspoon salt

#### Directions:

1. Preheat oven to 400 degrees F.
2. Spray 10 x 14 cookie sheet with nonstick cooking spray.
3. Scrub potatoes under cool tap water with vegetable brush. Use knife to remove any bad spots or defects on the potato. Do NOT peel.
4. Cut each potato in half and each half into 8 wedges or plank-size fries. Spread potato planks evenly on cookie sheet, and spray potatoes with nonstick cooking spray.
5. Sprinkle salt and pepper evenly over planks.
6. Place cookie sheet in oven and bake for approximately 20-30 minutes or until potatoes are just tender. If desired, the potatoes can be placed under oven broiler for about 3 minutes, turned, and broiled 3 minutes on other side.
7. Remove from oven and serve.

Source: [www.extension.umd.edu](http://www.extension.umd.edu)

### Simple Serving Tips

**Sweet Potato Fries:** Cut sweet potatoes into strips. Dip strips into egg substitute or a beaten egg. Bake on a lightly oiled pan at 425°F for 25 to 30 minutes.

**Seasoned Mashed Sweet Potatoes:** Peel and cube 2 lbs. (about 4 small to medium) sweet potatoes; boil in water until tender; drain and mash. Stir in 1 T. butter, ½ tsp. thyme (dried), ¼ tsp. salt, and ¼ tsp. pepper.

**Market Basket of the Month** is a WellSpan Community Health & Wellness initiative. To view monthly newsletters, go to: [www.wellspan.org/marketbasket](http://www.wellspan.org/marketbasket)

